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TIK TOK: JUSTIN BIEBER AND KE$HA?

SINGER SAYS SHE WOULD GET WITH BIEBS, THEN WONDERS, 'WAIT, IS HE EVEN LEGAL?' PAGE 24

CALGARY metro®

Monday, December 3, 2012

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IT'S RAINING BEARS

Calgary Hitmen assistant captain Jaynen Rissling, left, and left-winger Zane Jones laugh as they collect teddy bears from the ice at the Scotiabank Saddledome on Sunday. Tens of thousands of bears rained down from the stands during the 18th annual Petro-Canada Teddy Bear Toss. See story, page 6. ROBSON FLETCHER/METRO

City boots soccer centre operator

Search. New partner likely to be sought for Subway Soccer Centre

JEREMY NOLAIS
jeremy.nolais@metronews.ca

City council has voted against renewing a lease with the Calgary Soccer Federation to continue operating the largest local soccer centre, putting a dent in a long-standing relationship concerning the 20-year-old facility and potentially spurring legal action in the process, Metro has learned.

The current lease agreement between the city and federation for the Subway Soccer Centre expires at December's end, according to facility general manager and federation employee Perry Logan, who fears for thousands of athletes relying on four indoor fields there.

He said bringing in a new operator could lead to higher costs and scheduling mismanagement.

"What the city's doing is pathetic," Logan said, adding he also worries about the approximately 40 staff working at the facility, located at 7000 48 St. S.E. "They (federation executives) are investigating legal action."

Aldermen contacted Sunday declined comment and officials with the city's recreation department were not available.

The Calgary Soccer Federation was established in the 1980s to corral efforts of various city soccer associations and promote development of soccer locally.

But recently questions have been raised about the organization's practices, namely in the form of a steel house, replacement structure for a twice-collapsed bubble dome at the Subway Soccer Centre.

Cost projections for the long-delayed development have jumped to $10.5 million, roughly 70 per cent more than was previously budgeted.

Prior to city council's approval of $2.3 million more for the project last month, area Ald. Gian-Carlo Carra said he had "huge concerns" about spiralling costs and delays since officials decided to not re-inflate the bubble dome in late 2010, citing safety fears.

Gary Steen, who serves as federation treasurer, was the only executive member reached for comment Sunday, but refrained from discussing the dispute in great detail.

"There are two sides to every story," Steen said. "We're looking at making sure that the programs that are run, continue to run and we would like to remain involved."

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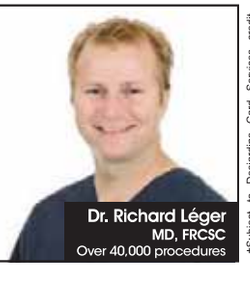
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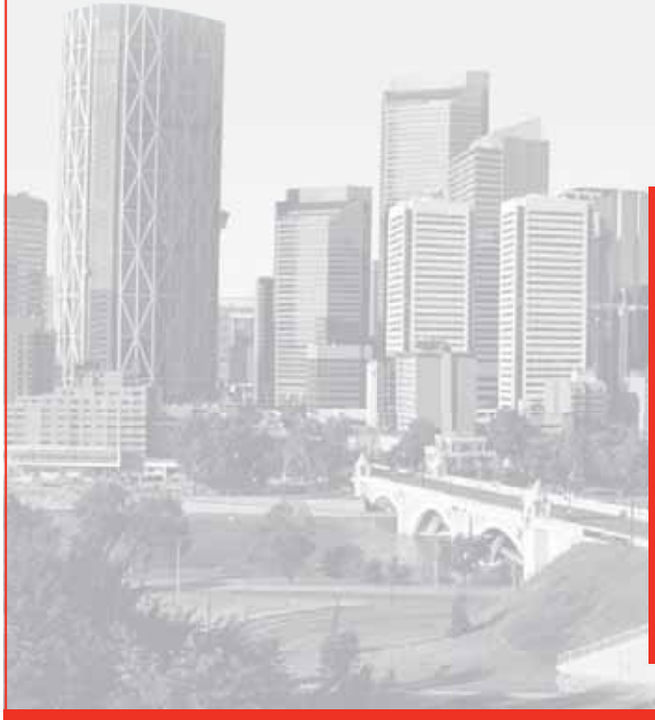

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Education

Rest easy parents, teachers not walking picket lines anytime soon

Alberta's premier stayed mum over the weekend on a last-ditch contract offered up by the Alberta Teachers' Association (ATA), but the organization's head said educators won't take to the picket lines anytime soon.

"We are nowhere near even talking about work action," ATA president Carol Henderson said Sunday.

The education ministry has already rejected the ATA proposal, which offers a two-year freeze on teacher salary grids but restricts "assigned" hours for members to 1,200 per year. A spokesperson for Education Minister Jeff Johnson confirmed via email Sunday there have been no new developments since both parties called news conferences Friday.

Henderson has made it clear that the association would wait for word from Premier Alison Redford until Monday before moving negotiations to local bargaining.

"We haven't heard anything," Henderson said. "There are things teachers are being asked to do that are over and above the requirements that already come with teaching a very diverse group of students."

But Jacquie Hansen, president of the Alberta School Boards Association, which had also been involved in the tripartite talks, said she was caught off-guard by the actions of the ATA and questioned what would happen to teachers wanting to put in extra hours to assist students and their schools.

"We are not even sure what punitive measures would be put in place ... we have seen proof that capping teacher hours does not work," she said.

JEREMY NOLAIS/METRO

Tara McLaughlin, a frequent Route 101 commuter, is upset over the city's plan to change the bus route she relies on to get to work each day. The route is scheduled to be cancelled when the West LRT goes into operation Dec. 10. RYAN KESSLER/FOR METRO

Not all commuters thrilled with West LRT

Save Route 101. Calgary Transit bus routes set to change Dec. 10 despite local outcry over inconvenient adjustments

RYAN KESSLER
calgary@metronews.ca

Many Calgarians are looking forward to the opening of the West LRT in one week, but not Tara McLaughlin.

McLaughlin regularly takes the Route 101 bus from her home in Coach Hill straight to downtown, but that will come to an end when the new LRT line opens and bus routes in the area are reorganized.

With the new transit arrangement, she said, she'll have to take the bus then transfer at the new 17th Avenue LRT station.

"If Calgary wants to be a world class city, it needs world class transit — and a world class transit (system) has buses and trains," said McLaughlin, one of hundreds of people who have signed a petition to save Route 101.

Buses that used to run east-west will run north-south when the new section of the LRT opens on Dec. 10. The new routes will comprise feeder buses that bring people to and from the LRT stations.

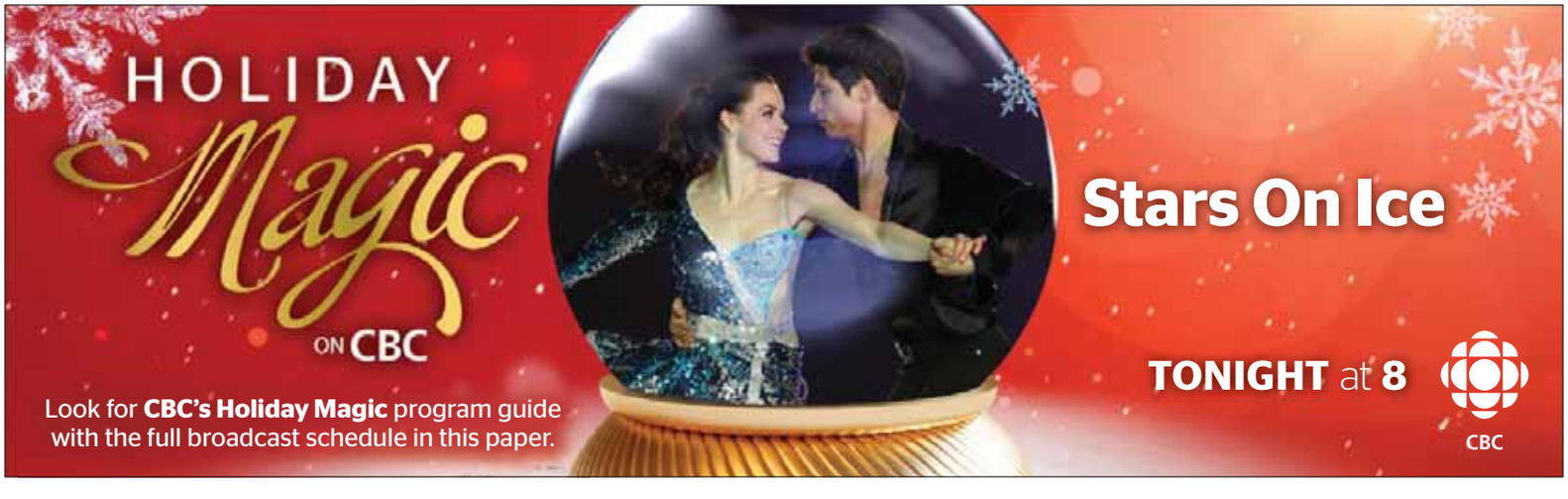
Instead of immediately changing the bus routes when the LRT heads out west, McLaughlin suggested trying to run both forms of transit to see if there is still a market for Route 101.

"The bottom line is, we cannot afford to continue a diesel bus service and an electric train service to downtown simultaneously," said Ald. Richard Pootmans.

Calgary Transit planning co-ordinator Neil McKendrick was not available for comment.

Affected routes

- **Ward 6.** For the 80,000 people living in Ward 6, the average commute will be shortened by seven minutes, according to statistics from the city.
- **Online.** For more information on which bus routes will be affected by the West LRT opening, search "Transit Route Index" at Calgary.ca.



Noise Snare stowed away; just 1 ticket issued to date

Device. Technology won't return until next summer at the earliest, pending review results

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Initial use of Calgary's much-discussed Noise Snare device came and went with barely a whimper, leading one alderman to revisit questions on whether the technology is a good fit for the city.

Bylaw officers responded to more than 300 noise complaints in the first three-month period of using the device to nab motorists revving their vehicles over 96 decibels; however, only one ticket was laid.

The Noise Snare was stowed away at October's end and will stay off city streets until next summer, according to acting bylaw manager Andrew Bissett. Further use of the technology also hinges on a review currently underway, he said.

"We're really pleased with how the device worked ... I think deterrence is always a big part of it," Bissett added. "When we rolled this out, we did an open house, this wasn't hidden."

But Ald. Andre Chabot, who has questioned the Noise Snare's value in the past, said using such a highly visible device to nab obnoxious motorists still seems bizarre to him.

"I don't think anybody in their right mind would hit the gas going by the Noise Snare for the purpose of trying to get a ticket," he said, adding more testing of the device and a dedicated team using it could improve the program's effectiveness.

"You need an expert, essentially, to operate the equipment," Chabot added.

Bissett said even before Noise Snare enforcement began, public testing sessions led many motorists to make alterations to their noisy rides. He said the number of noise complaints received by city bylaw services is indicative of the program's merit.

"We realize there is an issue that needs to be addressed," he said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

We're the first

- Calgary was the first Canadian city to begin using the Noise Snare device; however, media reports from other cities indicate others are evaluating the technology, as well.
- A ticket for violating the 96-decibel threshold will cost you $200. The lone fine issued to date came after a vehicle was recorded travelling at 102 decibels.

Martin Tornberg, a peace officer with Calgary Animal and Bylaw Services, is seen operating the Noise Snare device during an initial rollout of the technology this past summer. METRO FILE

Kensington Legion eyes new digs to help attract youth

Members with Calgary's Kensington Royal Canadian Legion could move to a new facility next door if voters look favourably on a land exchange proposal coming forward later this month. JEREMY NOLAIS/METRO

Attracting younger members and cutting costs are two driving forces behind a proposal to construct a replacement facility for one of Canada's largest legions.

Members of Calgary's Kensington Royal Canadian Legion will weigh in Dec. 15 on a pitch to construct a new building next to the existing, nearly 60-year-old one at 1910 Kensington Road N.W.

Alan Pentney, one of the legion's trustees in business operations, explained that a developer would build the new facility in exchange for use of the remaining property. He said the legion has already fielded proposals but did not shed light on details.

"The building is very dated and it's getting harder and harder to keep it maintained and looked after," Pentney said.

In March 2011, legion members voted to approach financial institutions for a loan or asset-secured mortgage. They also requested a $30,000 loan from the provincial legion command.

Dec. 15, 3 p.m.

- The proposal to construct a new Kensington Royal Canadian Legion facility will require two-thirds support from voters.

Pentney said some of the financial issues have been overcome but the establishment hopes to construct multiple floors within the new facility that could be rented out to groups to generate revenue.

"We're not making enough to provide for the future of the building," he said.

Members of the legion executive anticipate some push back from the legion's oldest members, but those enjoying a pint there Sunday had nothing but good things to say.

"We do need to draw in the younger crowds," said Ray Robertson, a volunteer and member of two years.

JEREMY NOLAIS/METRO

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Fatal training accident

Still no verdict from military jury

It was still unclear Sunday night whether a five-member military jury will need another day to determine the guilt or innocence of a Calgary reservist charged in a fatal training accident in Afghanistan two years ago.

Maj. Darryl Watts faces six charges, including manslaughter, in the incident that killed Cpl. Josh Baker and injured four others in February, 2010.

The soldiers were peppered with ball bearings fired by a C19 Claymore anti-personnel mine on a training range north of Kandahar city.

THE CANADIAN PRESS

Snowy Sunday

More than 100 crashes on roads

Police reminded drivers to leave extra time for their Monday-morning commutes after more than 100 collisions were reported Sunday, as snow blanketed most of Calgary.

Between 6 a.m. and 6 p.m. on Sunday, police received 127 reports of vehicle collisions across the city. While the crash count was high, Duty Insp. Tillotson said it's not unheard of, given the weather.

More snow and cold temperatures were expected overnight, but Environment Canada forecast a high of 0 C by Monday afternoon. METRO

Transport truck death

Hwy. 63 claims Winnipeg man

One of Alberta's deadliest highways has claimed the life of a 38-year-old Winnipeg man.

RCMP continue to investigate the fatal collision, which happened on Highway 63, on Saturday.

Witness reports indicate a southbound transport truck crossed the centre line and collided head-on with a northbound truck hauling an oversized load.

The male driver of the northbound truck did not sustain any physical injury, but the driver of the southbound truck died. METRO

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Calgary Hitmen forward Pavlo Padakin revels in the mass of bears he brought down from the stands with his first-period tally on Sunday. ROBSON FLETCHER/METRO

Fans toss 21,453 teddy bears on Saddledome ice

Annual Teddy Bear Toss at hockey game. Fans threw teddies on ice; players will then hand out some of the bears to kids in hospital

RYAN KESSLER
calgary@metronews.ca

There usually isn't anything cute and cuddly about a Calgary Hitmen game. Sunday's matchup against the Kootenay Ice was a different story.

Pavlo Padakin scored the first goal for the Calgary Hitmen in the 18th annual Petro-Canada Teddy Bear Toss Game. As per tradition, fans covered the ice with plush pals as soon as the Hitmen scored their first goal.

"When they started falling down I said 'oh my God,'" Padakin said. "I couldn't skate to the bench because all over the ice, there were bears."

Padakin scored late in the first period after a pass from Brooks Macek, who got the puck after a faceoff win by Brady Brassart. The Hitmen went on to win the game 4 to 1.

More than 50 local charities have requested stuffed animals from the Hitmen, including Alberta Children's Hospital, Salvation Army and the Boys and Girls Clubs of Calgary.

"(The players) all talk about the game itself and all the bears coming down, but going out to the hospitals and giving the bears to kids, that's as big a part as any," said Hitmen head coach Mike Williamson.

Melinda and Jim Zaharko were two of the fans that tossed teddies onto the ice. They've gone to the event for the past four years. Melinda had some advice for fans sitting in the first few rows.

"Watch your head," she said.

Quote

"Going out to the hospitals and giving the bears to kids, that's as big a part as any."
Mike Williamson, Hitmen head coach

Fast facts

The 18th annual Petro-Canada Teddy Bear Toss Game took place on Sunday.

- **First period.** The teddy toss goal came at 13:27 in the first period.
- **Ice covered.** Fans threw 21,453 stuffed animals on the ice.
- **Attendance.** The recorded attendance for the Teddy Bear Toss Game was 16,912.

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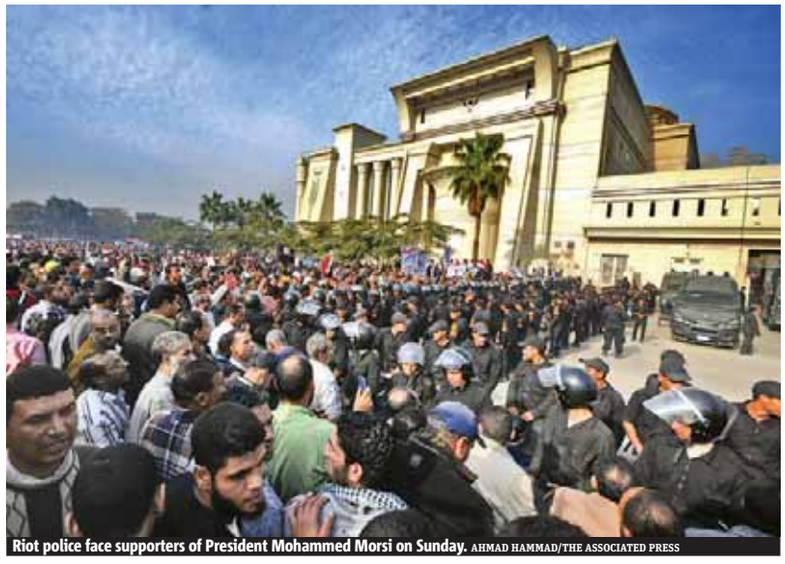

Riot police face supporters of President Mohammed Morsi on Sunday. AHMAD HAMMAD/THE ASSOCIATED PRESS

Egypt's top judges strike over courthouse blockade

Power play. Morsi supporters rally to stop judges from ruling on constitutional bias

Egypt's top court suspended its work indefinitely to protest "psychological and physical pressures" after supporters of the Islamist president prevented judges from entering the courthouse Sunday to rule on the legitimacy of a disputed constitutional assembly.

Dark times

"(This is) the Egyptian judiciary's blackest day on record."

The Supreme Constitutional Court describing Sunday's blockade.

The decision by the Supreme Constitutional Court (SCC) is the latest twist in a worsening political crisis pitting President Mohammed Morsi and his allies against the mostly secular opposition and the powerful judiciary. The standoff began when Morsi issued decrees on Nov. 22 that gave him sweeping powers and granted the president — and the constitutional committee — immunity from the courts.

The Islamist-dominated panel drafting the new constitution then raced in a marathon session last week to vote on the charter's 236 clauses without the participation of liberal and Christian members. The fast-track hearing pre-empted a decision expected from the SCC on whether to dissolve the committee. The judges on Sunday postponed their ruling on that case.

A day earlier, Morsi announced a referendum on the draft charter on Dec. 15 despite opposition protests and questions about the document's legitimacy.

The president's seizure of vast powers has galvanized Egypt's disparate opposition groups, who have united in their demands that Morsi rescind the decrees and create a constituent assembly that is more balanced and inclusive.

Supporters of Morsi, who hails from the Islamic fundamentalist Muslim Brotherhood, claim that the court's judges are loyalists of ousted president Hosni Mubarak, who appointed them. Morsi's backers accuse the judges of trying to derail Egypt's transition to democratic rule.

THE ASSOCIATED PRESS

Intelligence. Navy struggles to explain lost and found sensitive data

Electronic records detailing the planned overhaul of Canadian naval intelligence — created when admitted Russian spy Jeffrey Delisle was at the height of his treachery — were deleted from a National Defence database.

Two PowerPoint presentations, aimed at explaining the overhaul to intelligence analysts, were reported deleted when copies were requested earlier this year by The Canadian Press.

Military officials described the deletions as a clerical error.

The navy later claimed some copies had survived in email accounts.

"We should be asking questions, absolutely," said retired colonel and military law expert Michel Drapeau.

"I mean, naval intelligence goes to the security of the country, security of people, of our Armed Forces. They are issues of national interest."

Questions about the deletion come at a time when the military's entire handling of sensitive data is under scrutiny.

Last week, court records released in the Delisle case showed the naval officer retained top-secret access even though his security clearance had lapsed and that prior screenings had failed to pick up red flags in his personal life.

THE CANADIAN PRESS

Iran

Death sentence for Canadian resident deferred: Lawyer

A lawyer for Canadian resident Saeed Malekpour said that the computer programmer's death sentence on charges of creating a network of porn websites has been suspended in Iran.

Amnesty International and several activists are reserving judgement. Iran has in the past reversed decisions for clemency.

Malekpour has maintained that a software program he created while in Canada was used without his knowledge to post pornography. But he was nevertheless allegedly tortured for a confession and charged with "insulting and desecrating Islam."

TORSTAR NEWS SERVICE

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Worldwide pollution levels on the rise

Global warming. Scientists say CO_2 increase means it's unlikely countries will meet reduction targets

The amount of heat-trapping pollution the world spewed rose again last year by three per cent. Scientists say it's now unlikely that global warming can be limited to a couple of degrees, which is an international goal.

The overwhelming majority of the increase was from China, the world's biggest carbon-dioxide polluter. Of the planet's top 10 polluters, the United States and Germany were the only countries that reduced their carbon dioxide emissions.

Last year, all the world's nations combined pumped nearly 38.2 billion tons of carbon dioxide into the air from the burning of fossil fuels such as coal and oil, according to new international calculations on global emissions published Sunday in the journal Nature Climate Change. That's about a billion tons more than in 2010.

The total amounts to more than 1.1 million kilograms of carbon dioxide released into the air every second.

Because emissions of the key greenhouse gas have been rising steadily and most carbon stays in the air for a century, it is not just unlikely but "rather optimistic" to think that the world can limit future temperature increases to 2 C, said the study's lead author, Glen Peters at the Centre for International Climate and Environmental Research in Oslo. THE ASSOCIATED PRESS

A smoggy morning commute in Beijing. China is responsible for the majority of a three per cent increase in worldwide carbon-dioxide levels in 2011, making it the world's biggest polluter. GETTY IMAGES FILE

Conference in Doha

Looking beyond Kyoto

Highlighting a rift between the rich countries and emerging economies such as China, New Zealand's climate minister staunchly defended his government's decision to drop out of the emissions pact for developed nations, saying it's an outdated and insufficient response to global warming.

Other key issues at the conference, now starting its second week, include how to help emerging nations switch to climate-friendly energy sources and charting the course for a new treaty that would replace the Kyoto Protocol.

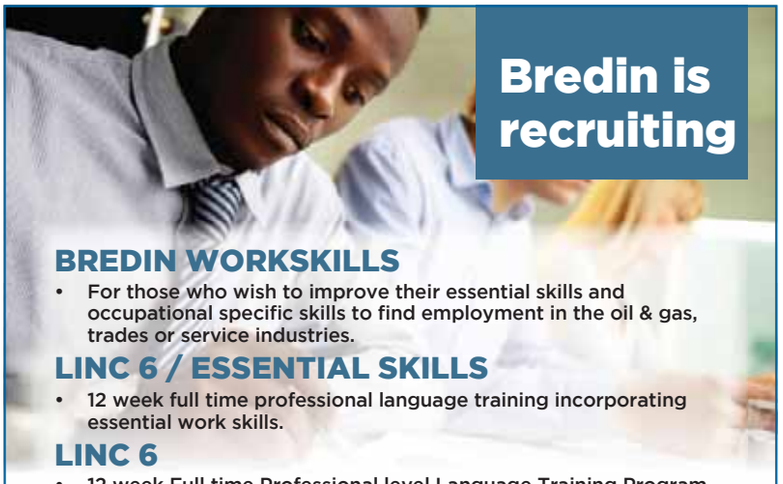
THE ASSOCIATED PRESS

2011's biggest polluters

1. China, up 10 per cent to 10 billion tons.
2. United States, down two per cent to 5.9 billion tons.
3. India, up seven per cent to 2.5 billion tons.
4. Russia, up three per cent to 1.8 billion tons.
5. Japan, up 0.4 per cent to 1.3 billion tons.

The list continues with Germany, Iran and South Korea, followed by:

9. Canada, up two per cent to 0.6 billion tons.



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RCMP urges big changes to witness protection program

Blueprint for reform. Mounties propose admission criteria be expanded to 'a broader spectrum of eligible witnesses'

Youth gang members — not just mobsters, bikers and other traditional protectees — should be allowed into the federal witness protection program as part of a sweeping modernization, says the RCMP.

The Mounties are also embracing intensive psychological examination of potential protectees, a national support centre for the secretive program, and an external advisory board to serve as a watchdog.

The changes are spelled out in a detailed RCMP blueprint for reforming witness protection with assistance from the federal Public Safety Department and the provinces.

Although the paper was completed in May 2010, it was released only now to The Canadian Press under the Access to Information Act.

RCMP spokesperson Laurence Trottier — while providing few details — confirmed that at least some changes have already been introduced. Trottier added that the witness protection program "continues to rapidly evolve."

The program, administered by the Mounties, provides measures ranging from short-term protection to permanent relocation and identity changes. The RCMP spent more than $9 million on the program in 2011-12.

Revelations five years ago that a protectee committed murder while in the program triggered a review and discussion that continues to this day.

Several provinces have their own witness protection programs, but often they provide only short-term assistance. In addition, obtaining new federal identity documents for protectees requires co-operation with the Mounties. THE CANADIAN PRESS

Sweeping changes

- The report says the program must be "better able to respond to current challenges" such as street and youth gang violence.
- The report also says a review of best practices and consultations with other countries revealed that the use of psychologists would "greatly assist" in determining whether someone was suitable for protection and possible relocation.

Wreaths laid to honour fallen veterans

Relatives and members of the public place wreaths at headstones of fallen soldiers during a Wreaths Across Canada ceremony at Beechwood Military Cemetery in Ottawa, Sunday. The commemorative ceremony places a wreath on the headstone of every veteran buried in the National Military Cemetery, the first Sunday of every December at 1:30 p.m. The day also helps teach children the sacrifice of our fallen.

FRED CHARTRAND/THE CANADIAN PRESS

Commission says 'no' to building code changes for wildfire-prone areas

A federal commission has rejected proposals to change Canada's national construction codes to better protect communities from destructive wildfires.

The changes would have required builders in areas prone to forest fires to use less flammable building materials, to space buildings farther apart and to keep them clear of trees and vegetation.

"The majority of the provinces said, 'No, you can't put this in the building codes because we couldn't enforce it,"' Philip Rizcallah, of the Canadian Commission on Building and Fire Codes, said. "They felt it would be very difficult to go in there and mandate the type of siding somebody put on their house." THE CANADIAN PRESS

HOLIDAY
Magic
ON CBC
The Magic Hockey Skates
Dragons' Den Holiday Special
Rudolph
Canadian Country Music Association : Home for the Holidays
2012
Holiday Program Guide
Go to cbc.ca/holiday for our full schedule.
CBC

December

Sun. 2	5 pm	Toy Story 2
	8 pm	Toy Story 3
Mon. 3	8 pm	Stars On Ice
Wed. 5	8 pm	Dragons' Den Holiday Special
Sat. 8	7 pm	Hockey: A People's History
	8 pm	ISU Championship Skating - Grand Prix Final
Sun. 9	5 pm	Lassie
	8 pm	Home Alone
Mon. 10	2 pm	Steven and Chris Holiday episodes begin
	8 pm	Dr. Seuss: How the Grinch Stole Christmas
	8:30 pm	Frosty the Snowman
Tues. 11	8 pm	22 Minutes Holiday Special
Wed. 12	8 pm	Holiday Festival On Ice 2012
Thurs. 13	8 pm	Mickey's Christmas Carol
	8:30 pm	The Magic Hockey Skates
	9 pm	Season of Song: Canadian Tenors and Friends
Fri. 14	8 pm	Miracle on 34th Street (1994)
Sun. 16	5 pm	Disney Presents Eloise at Christmastime
	7 pm	Rudolph
	8 pm	National Lampoon's Christmas Vacation
Mon. 17	8 pm	Santa Clause
Tues. 18	8 pm	Santa Clause 2
Wed. 19	8 pm	Santa Clause 3
Thurs. 20	8 pm	Rudolph
	9 pm	Canadian Country Music Association: Home for the Holidays

Fri. 21	8 pm	A Christmas Story
Sun. 23	5 pm	Goose on the Loose (movie)
	7 pm	Frosty The Snowman
	7:30 pm	Frosty Returns
	8 pm	Elf
Mon. 24	8 pm	Scrooge (1951 classic)

Christmas Day

Tues. 25	11 am	Frosty the Snowman
	11:30 am	Frosty Returns
	12 noon	Queen's Message
	12:05 pm	Disney Parks Christmas Day Parade
	2 pm	Goose on the Loose (movie)
	4 pm	Heartland Christmas (movie)
	6 pm	Nativity (movie)
	8 pm	Miracle on 34th Street (1947)
	11pm	Gospel Christmas Celebration
	12am	Stuart McLean's Vinyl Cafe Christmas Pageant

Wed. 26	8 pm	Dragons' Den Holiday Special
	9 pm	Holiday Festival on Ice 2012
Fri. 28	8 pm	Anne Murray: Friends & Legends Holiday Special
Sun. 30	3 pm	March of the Penguins
	5 pm	Chronicles of Narnia

New Year's Eve

Mon. 31	7 pm	22 Minutes Holiday Special
	8 pm	RCAF New Year's Eve Special
	9 pm	Ron James New Year's Eve
	11:30 pm	George Stroumboulopoulos Tonight (New Year's Eve Special)
Jan. 1	8 pm	Happy Feet

* Check Local Guides. Christmas Day programming varies by region. Schedule subject to change. Check local listings.

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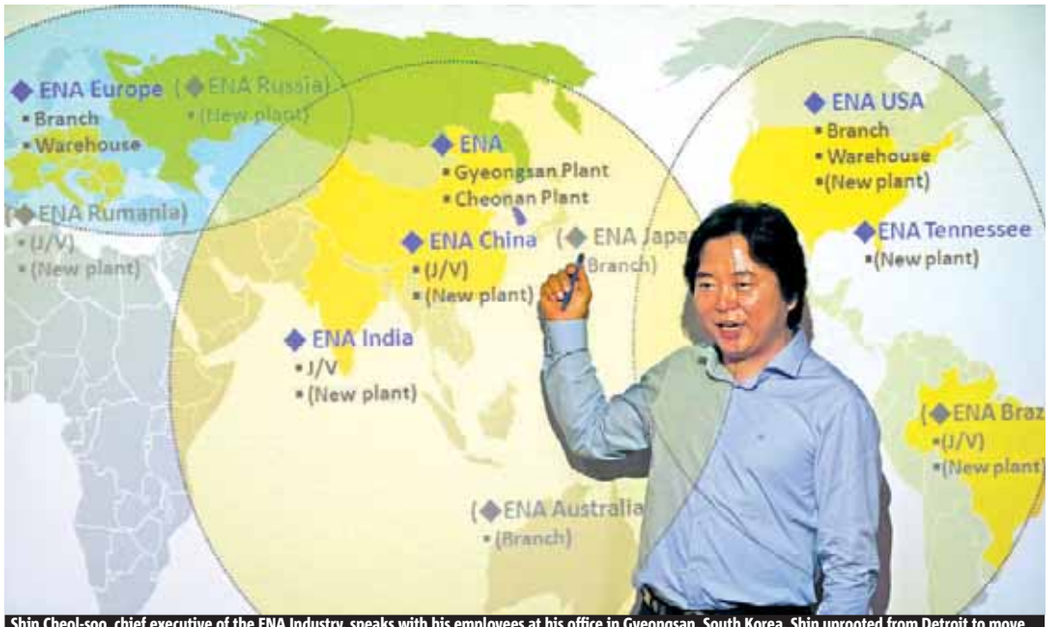

Shin Cheol-soo, chief executive of the ENA Industry, speaks with his employees at his office in Gyeongsan, South Korea. Shin uprooted from Detroit to move closer to China, where economic opportunities are stronger. China now leads the world in terms of key trade partnerships. LEE JIN-MAN/THE ASSOCIATED PRESS

China tops U.S. as world's trade partner

The hand that feeds.
China is starting to push back in disputes over trade, exchange rates and climate change

Shin Cheol-soo no longer sees his future in the United States.

The South Korean businessman supplied components to U.S. automakers for a decade. But this year, he uprooted his family from Detroit and moved home to focus on selling to the new economic superpower: China.

In just five years, China has surpassed the U.S. as a trading partner for much of the world, including U.S. allies such as South Korea and Australia, according to an Associated Press analysis of trade data. As recently as 2006, the U.S. was the larger trading partner for 127 countries, versus just 70 for China. By last year the two had clearly traded places: 124 countries for China, 76 for the U.S.

In the most abrupt global shift of its kind since the Second World War, the trend is changing the way people live and do business from Africa to Arizona, as farmers plant more soybeans to sell to China and students sign up to learn Mandarin.

The findings show how fast China has ascended to challenge America's century-old status as the globe's dominant trader, a change that is gradually translating into political influence. They highlight how pervasive China's impact has been, spreading from neighbouring Asia to Africa and now emerging in Latin America, the traditional U.S. backyard.

Despite China's now-slowing economy, its share of world output and trade is expected to keep rising, with growth forecast at up to eight per cent a year over the next decade.

Last year, Shin's Ena Industry Co. made half his sales of rubber and plastic parts to U.S. factories. But his plans call for China, which overtook the U.S. as the biggest auto market in 2009, to rise fivefold to 30 per cent of his total by 2015.

"The United States is a tiger with no power," Shin said in his office, where three walls are lined with books, many about China. "Nobody can deny that China is the one now rising."

Trade is a bit like football — the balance of exports and imports, like the game score, is a neat snapshot of a jumble of moves that make up the economy, and both sides are apt to accuse each other of cheating from time to time.

THE ASSOCIATED PRESS

Power-holder

"The United States is a tiger with no power. Nobody can deny that China is the one now rising."
South Korean businessman Shin Cheol-soo

All eyes on Obama as pipeline decision looms

It's a decision U.S. President Barack Obama put off during the 2012 campaign, but now that he's won a second term, his next move on a proposed oil pipeline between the U.S. and Canada may signal how he will deal with climate and energy issues in the four years ahead.

Obama is facing increasing pressure to determine the fate of the $7-billion Keystone XL project, with environmental activists and oil producers each holding out hope that the president, freed from the political constraints of re-election, will side with them on this and countless other related issues down the road.

On its surface, it's a choice between the promise of jobs and economic growth and environmental concerns. But it's also become a proxy for a broader fight over American energy consumption and climate change, amplified by Superstorm Sandy and the conclusion of an election that was all about the economy.

"The broader climate movement is absolutely looking at this administration's Keystone XL decision as a really significant decision to signal that dirty fuels are not acceptable in the U.S.," said Danielle Droitsch, a senior attorney with the Natural Resources Defence Council.

Once content with delays, opponents have launched protests in recent weeks at the White House and in Texas urging Obama to kill the project. On Capitol Hill, support for the pipeline appears to be gaining.

The pipeline became an issue in the campaign and Obama put it on hold while a plan was worked out to avoid routing it through Nebraska's environmentally sensitive Sandhills region.

THE ASSOCIATED PRESS

Background

The pipeline would carry crude oil about 2,700 kilometres from western Canada to Texas Gulf Coast refineries. It requires State Department approval because it crosses an international boundary.

Trade secrets. Couple convicted of stealing info on hybrid car technology

Shanshan Du THE ASSOCIATED PRESS FILE

A former General Motors engineer with access to the automaker's hybrid technology was convicted along with her husband of stealing trade secrets for possible use in China.

Shanshan Du won a transfer within GM in 2003 to be closer to the technology and then copied documents until she accepted a severance offer and left the company in 2005, prosecutors said. Du and Yu Qin were found guilty on Friday by a U.S. federal jury. Qin was also convicted of wire fraud and attempting to obstruct justice by shredding documents. Du faces up to 10 years in prison, while her husband faces up to 30.

THE ASSOCIATED PRESS

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EUPHONIUM'S SOUND WARMS UP HOLIDAY SEASON

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Some call it "tuba with a heart."

Band teacher Nathan Gingrich describes its sound as "dark, warm, chocolate and buttery."

Meet the euphonium. It's the instrument few will know if you say you play it. You will say, that it's "like a tuba." But not quite. Euphoniums are a brass instrument, with valves, but little brand recognition.

Dave Reid plays trombone with the Calgary Philharmonic Orchestra. But he also plays the euphonium as "natural double."

"I grew up around the euphonium," says Reid. Every Sunday, his father played in the Salvation Army brass band at church in St. John's. Reid gravitated to the cornet, then trombone, but was hired to play euphonium with The Band of the Ceremonial Guard in Ottawa.

"I love the brass band sound," Reid says. "The euphonium makes, as its name says, 'glorious sounds.' It's a great solo instrument."

Reid played with Foothills Brass Dec. 1 and will play euphonium at the Ironwood Dec. 15 in Calgary with the Steve Pineo band.

Or see him play from May 30 to June 1, 2013 when the CPO performs Holst's The Planets. This is a rare euphonium moment for the CPO as euphoniums tend to be found in bands, not orchestras. Even Reid's own CPO online bio doesn't mention he plays the instrument of "glorious sounds."

Euphoniums will be featured Dec. 15 at the 2012 Holiday TubaFest at Hope Lutheran Church at 2 p.m. It's a joint concert with Altius Brass.

Nathan Gingrich is the William Aberhart high school band teacher behind the event which drew hundreds to a mall last year. He couldn't find a mall to host the event this year so it was moved to a church.

What an event it is. Anyone can play. Bring your brass instrument, voice, festive decorations and music stand and register at 9:30 a.m. Practise at 10 a.m. for two hours (some 80 musicians showed up last year — they ranged from junior high kids to more accomplished brass musicians), then the concert goes in the same day. Cost is $12 to $15.

If you miss these, CPO's tuba player Mike Eastep suggests that you listen to Colonel Bogey March, the famous melody from the film The Bridge Over the River Kwai. "It has a wonderful countermelody," he says. He teaches euphonium to university students.

This year, the euphonium deserves a listen.

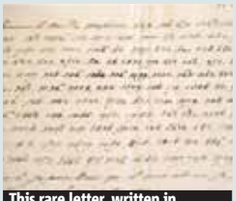
Blowing up the Kremlin

Secret-code letter by Napoleon auctioned off

A secret code letter sent in 1812 by Napoleon Bonaparte boasting that his French forces would blow up Moscow's Kremlin has sold at auction for 10 times its estimated pre-sale price.

A Paris museum — the Museum of Letters and Manuscripts — was finalizing its purchase of the Oct. 20, 1812 document for $243,500 US, including fees. That's far above the pre-sale estimate of $19,500 US.

Auctioneers at Fontainebleau Auction House south of Paris say the letter sold Sunday is unique. It was written in a numeric code used by the French ruler to throw off would-be interceptors. Its content bared the strains on Napoleon of his calamitous Russian invasion.



This rare letter, written in unusually emotive language, sees Napoleon complain of harsh conditions and the shortcomings of his grand army.
CHRISTOPHE ENA/THE ASSOCIATED PRESS

One line said: "At three o'clock in the morning, on the 22nd I am going to blow up the Kremlin."
THE ASSOCIATED PRESS

Cartooning consumerism

CONTRIBUTED

Windsor, Ont.

Tagging acts as culture commentary

The iconic cartoon father Homer Simpson pasted to the side of a shuttered 7-Eleven in Windsor, Ont., cries out in pain, blood dripping from his hands and wrists. Dubbed Homercidal, he's the work of street artist Ben Frost.

"It's as if consumerism has affected Windsor in a way that's burst the bubble," he says. "Homer has the blood of the workers on his hands." METRO

D'oh

- Frost also affixed a two-headed Dewey (of Duck Tales fame) to an abandoned Kentucky Fried Chicken, and a somewhat disturbing version of Bambi to a former Home Depot location.
- The KFC duck clearly invokes urban legends about the company using genetically-modified animals in its food, while the Home Depot piece is a comment on mass-produced goods.

Buyer's remorse

Message might stick

Frost uses his art as a form of social commentary.

"In a lot of ways, it's about using corporate imagery as a way to take the power back, taking their logos and what they're feeding us, and subverting it," he says.

Frost's pieces are paper posters affixed using simple adhesives. The method helps minimize his chance of a run-in with the law.

"Because it's paper, you can only get in trouble for littering," he says. METRO

Not about doughnuts

"It's a nod to a consumer culture where we're just creating simulations of the same stuff ... Especially at a place like Home Depot where there's five million $1 paintbrushes. There must be a machine somewhere that's just spitting them out."
Ben Frost, Toronto-based street artist

These dogs are all ears during storytime

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Is man's best friend also a child's best reading companion?

That seems to be the case in High River, where the Centennial Library is offering a free literacy program for struggling readers ages eight to 12.

"We provide a 'hook' for those children who have lost or have never experienced the joys of reading," says program ambassador Bonnie Chant Kinsman.

Aptly named Dog Tales, the initiative brings together a child and a bookish pup for an evening of tales and adventure.

Children choose a reading-level-appropriate book, cuddle up with a new canine friend and read their story out loud.

"Reluctant readers are given a chance to read to a non-judgmental listener — a dog. The children build confidence ... and don't have to worry about the occasional slip-ups as the dogs won't mind," says program co-ordinator Joyce Brown.

The next Dog Tales session takes place in January. So, High River, keep barking up the right tree: literacy!

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children.
Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. Email us for more information and to get involved.
Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

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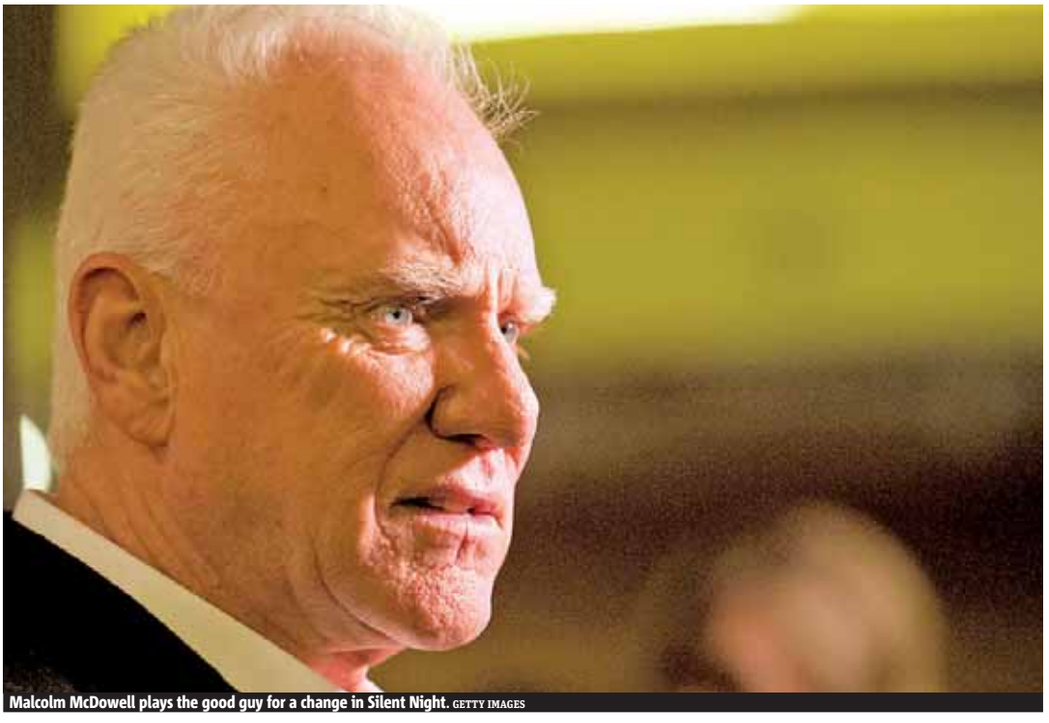
Torture? That's fine, but don't beat him at ping-pong

Silent Night. Latest role offers McDowell — who relished beating Stanley Kubrick at table tennis — a rare chance to play the good guy

RICHARD CROUSE
Scene@metronews.ca



Malcolm McDowell plays the good guy for a change in Silent Night. GETTY IMAGES

On Wednesday, the two most popular items on my Facebook site were a picture of a kimono-wearing David Bowie playing ping-pong, the other a mention of my upcoming interview with Malcolm McDowell.

My reference to McDowell, the menacing actor who famously played the man who killed Captain Kirk in Star Trek: Generations and became an icon starring as Alex DeLarge in A Clockwork Orange, drew dozens of comments.

The interview was meant to promote Silent Night, a Winnipeg-shot slasher flick about a killer Santa Claus, on DVD next week, but before we get into talking about the film, however, I tell him about the postings. He connects the dots between table tennis and his most famous film.

It seems director Stanley Kubrick and McDowell played ping-pong on the set of A Clockwork Orange. When I ask who usually won, he said:

"He never ever took a set from me. I wiped the floor with him with such great relish because it was the only thing I could really beat him at. He was tormenting me as the character and I'm sure deep down he enjoyed it. He was a little bit sadistic. I went through quite a lot of nasty injuries from the eye thing and horrible things like being dunked in water and almost drowned. There was a lot of physical abuse. So when I could get my own back, I really loved it."

When I ask if he still plays the game, he replies, "No, I haven't played in years."

Hasn't had time I guess.

An on-going role in the series Franklin and Bush and 17 other IMDB credits for 2012 alone are proof that at age 69, he keeps as busy as most actors half his age. He says Silent Night was a welcome change, however.

Usually cast as a baddie, he was chuffed to play the brave sheriff of a town terrorized by a slaying Santa. "Without pandering to the audience, I just wanted to bring a little lightness and humour to it without chewing the scenery," he says. "Well, not too much."

Not that he's unhappy playing villains. "In my early career, I started playing heavies," he says. "Clockwork Orange is one of the great heavies. If I had been playing heroic types I would have had a very short career. Playing heavies has allowed me to work no matter what my age."

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Shania Twain singing at her comeback concert in Vegas. THE ASSOCIATED PRESS

Twain shows she's Still The One after eight-year break

Standing ovation. Canadian country star overwhelmed by adoring fans during emotional comeback concert in Las Vegas

Shania Twain roared into her first live show in more than eight years perched atop a glistening motorcycle on Saturday, dangling on wires at least three metres in the air in a sequined black catsuit, her thick brown hair flowing behind her.

Without singing a word, she then received her first standing ovation from an adoring Caesars Palace audience. Shania was back. And her new Las Vegas digs seemed an even better fit for the Canadian-bred country starlet than the skin-tight costume she wore as she stomped her thigh-high black boots back across the stage for the first time since July 2004. Next, fierce guitars cut like buzzsaws as her 13-piece band launched into I'm Gonna Getcha Good and Twain strutted about the stage as if she'd never left.

But of course, she did leave — and she didn't let the sold-out crowd forget that they were witnessing a tough, triumphant moment for the 47-year-old many still consider the Queen of Country.

"Thank you. Thank you so much — you guys are going to get me all emotional, and then my eyelashes are going to fall off," said Twain, dabbing at her eyes as she addressed the audience for the first time.

And yet, this 100-minute show — titled Shania: Still The One — was at once a callback to one of the most successful runs in recent music history as well as a chic, cheeky look toward a new era in Twain's career.

And she certainly looked rejuvenated. She laughed often — even when it threatened to throw off her delicate diction — she blew kisses, she waded into the crowd, she mimed cymbal smashes and occasionally tossed off seemingly improvised dance moves imbued with the spontaneous joy of someone lost in the moment.

"You guys having a good time so far?" she asked halfway through her set.

"I hope so, 'cause that's the only reason I do this. ... Otherwise I would just stay on my lonesome and sing."

Yes, Twain still effortlessly projected the warmly accessible cowgirl next door, even while wholeheartedly embracing the glitz and sizzle expected on the Las Vegas Strip. She first sent a jolt through the crowd by charging onstage on the back of a black stallion before launching into a rowdy take on Ain't No Quitter with the stage decorated to look like a Wild West saloon.

During That Don't Impress Me Much, meanwhile, huge metal pipes churned out smoke on either side of the stage while snarling leopards were projected on the walls.

And during You're Still the One, she trotted onstage on a different horse, a white equine this time, before gently frolicking with it throughout the performance, confetti shaped like snowflakes falling from the sky.

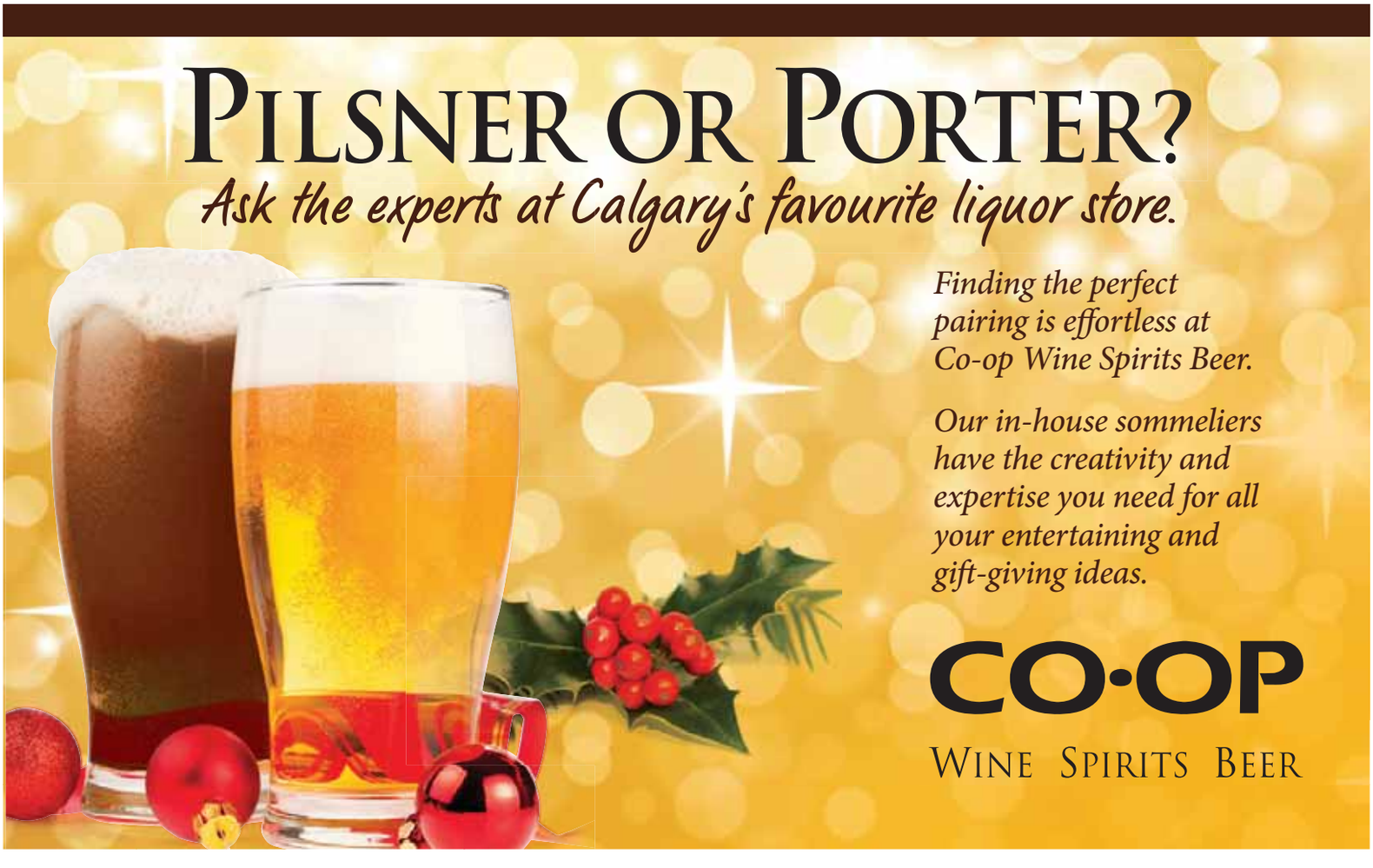
Saturday's show was extra meaningful in part because Twain has been in vocal rehabilitation for years, since reporting the sudden loss of her voice following her painful split from studio wizard and key creative collaborator Robert (Mutt) Lange. If Twain showed hints of rust in her voice early, she only sounded more robust and comfortable as the gig went on, setting an especially lofty mark for herself during a lovely version of From This Moment On.

While the show was a family friendly affair, Twain also proved that, after nearly a decade spent out of the public eye, she's still not shy about tapping into the power of her sex appeal — and this is, after all, Vegas.

Twain's initial tour run will include 10 performances through Dec. 15, with the next 14-show engagement beginning March 19.

And the fact that Come On Over is still the best-selling studio album by a female act and best-selling country album of all time, she shouldn't have a problem selling all dates out.

THE CANADIAN PRESS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Alicia Keys reveals a newfound openness

Alicia Keys showcases a new side of herself on her latest album. GETTY IMAGES

New album. Singer talks about the making of her fifth album, her son jumping on a track with her and re-designing who she is

Alicia Keys will make you cry. Cry hard.

That's what happened when a close friend listened to the song Brand New Me, a personal piano-tune from Keys' new album that she calls her autobiography. On it, she sings about being herself, even if others don't approve.

"When I looked up from playing it, she was crying and she was like, 'Why didn't you warn me?' It caught her off-guard," Keys recalled in an interview.

"There's something about a time in your life that we all go through — if you haven't gone through it you will — that you find you're going to rise above something that's kind of held you back and you find this thing inside of you that really says, 'I'm new now.'"

Keys' life has changed tremendously since she recorded The Element of Freedom three years ago.

She's now a mother and Broadway producer, and has dealt with her first major tabloid drama, involving her relationship with her husband, producer-rapper Swizz Beatz, and his ex-wife.

And the 31-year-old Keys, who rarely collaborates with other singers, is working with new players: Girl on Fire, out this week, features Bruno Mars, Frank Ocean, Jamie xx, Nicki Minaj, Emeli Sande, Babyface, Dr. Dre, John Legend and Maxwell.

"I'm just way more open all around, and I really wanted to work with some different people this time that could really accentuate what I do," she said. Keys talked about her fifth album, new haircut and two-year-old son.

Quoted

"We were in the studio working on it, and he came in and he was kind of seeing us sing and writing it, and so he wanted to see the mic, so I passed it to him and he started talking on it."

Alicia Keys
Talking about her son joining her on a track.

What was it like writing Brand New Me, since the lyrics are so direct?

I think the whole album is more lyrical than ever before and I definitely think it is on a deeper level . . . Maybe it's more accessible, or maybe I've given more access to myself.

I think the real thing is I'm clearer about who I am, myself and what I feel. And I think probably when I was younger, maybe you have more of a sense of wanting to save a part of yourself or hide a part of yourself, or protect a part of yourself or something like that, and that's just natural.

Your son is featured on When It's All Over. How did that happen?

We were in the studio working on it, and he came in and he was kind of seeing us sing and writing it, and so he wanted to see the mic, so I passed it to him and he started talking on it. But this is when he was like a year and three months, so what first was on there was kind of just the first words he was saying, but as time progressed and we were about to wrap the album, I was like, 'I really gotta get Egypt on . . . because he's two now, he has a lot to say, he has a personality.' And so I brought him back into the studio . . . and you'll notice, I'll ask him what's his name and he says, 'Showtime' (laughs). So for those that know my husband, you'll understand what that means.

You cut your hair. How does it feel?

I love this hair. I love it chopped off. I love all the things I can do with it.

THE ASSOCIATED PRESS

One more question

Has the songwriting process changed for you over the years?

- **Answer.** It does change. The approach changes depending on different times. My last record, Element, it was more like, I was so into sounds and sonics, I was so into how to create more sonic places to go to and experiment. I think the songwriting process came almost second to the sonics of it.

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A biting affair: Pattinson keeps Stewart on her toes

Robert Pattinson

Kristen Stewart and Robert Pattinson may have reconciled following her cheating scandal this summer, but it's not necessarily all smooth sailing between the Twilight co-stars. "Things will be strained for a while," a source tells Us Weekly. "Rob is at a point where he sometimes ignores her. He'll go out and won't respond to her calls or texts right away. She knows she has to go along with it. She is working hard at the relationship."

Twitter

@rustyrockets
On my way to #PerthArena, first comic to play there. And last - the finale involves clumsy pyrotechnics.

@KChenoweth
I think im tryin to get the flu. But i wont let it happen.

@billmaher
Dec. 1 is kind of a depressing day - into the last month now...another year shot, another year closer to death. Happy Holidays everybody!

@kevin_nealon
Conundrum Question: What if global warming was responsible for no earthquakes lately in California?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ke$ha wouldn't rule out romance with the Biebs

Justin Bieber

While Justin Bieber appears to be patching things up with Selena Gomez, he can take comfort in the fact that he'd have other options if the reconciliation doesn't work out. When asked by Rolling Stone if she'd be interested in getting intimate with the 18-year-old pop star, rapper Ke$ha gives a resounding, "Sure" before asking, "Wait, is he even legal? Could I go to jail for this?" Once assured that Bieber is in fact of age, Ke$ha adds, "OK then, I would. We could go out and buy lottery tickets, vote, play putt-putt golf. All the things that are legal at the age of 18."

Quoted

"Wait, is he even legal? Could I go to jail for this?"

Ke$ha
On getting intimate with Justin Bieber

Jessica Biel ALL PHOTOS GETTY IMAGES

Biel loves calling Timberlake her hubby

Jessica Biel is adjusting to married life, as weird as it may seem to her just over a month after tying the knot with Justin Timberlake.

"It's weird because it feels like almost nothing has changed, yet something that you can't really describe — or something that isn't tangible — has changed," she tells Ellen DeGeneres in an interview.

"I think the weirdest and kind of most wonderful thing is that word, 'That's my husband.' That's the word. And every time I say it, I go really Southern with it. It's weird."

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MINISTERS CONFERENCE
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11:30 a.m. - 1:00 p.m.
BUSINESS SUMMIT
(For business men and women)
3:00 p.m. - 5:00 p.m.
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www.winnerschapelcalgary.org/ we shall hook up 24hrs each day at the church auditorium via internet

Water activities

Little swimmers

Beyond sleeping soundly, new research suggests kids who swim also hit developmental milestones earlier than their landlocked peers.

The Griffith Institute for Educational Research pooled together three years' worth of data from 7,000 under-fives from Australia, New Zealand and the U.S. in the most comprehensive study on the impact of early years swimming.

Swimmers outperformed non-swimmers, regardless of socio-economic background and gender. Not only were visual-motor skills milestones achieved earlier, but children who swam also scored better in areas of literacy and numeracy. JULIE M. GREEN, YUMMYMUMMYCLUB.CA

Cleanup

Easy linen closet solutions

Have you ever found yourself pulling apart your entire linen closet in a desperate search for matching sheets and pillowcases?

Well, there's a super simple solution that I wish I would have thought of years ago!

When you are putting your sheets away, fold and place them inside the matching pillowcase. That way, everything is in one pillowcase — perfectly neat and folded.

Bonus: No one will notice how well (or not well) your fitted sheets are folded.

JOYCE REYNOLDS, YUMMYMUMMYCLUB.CA

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- **Tweet tweet.** Even the wrong tweet can send mommy into a tailspin of tears, so she had to unfollow Miley Cyrus. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

No child should feel afraid to go to school — ever

Bullying. The increasing problem hits close to home for one family

CONSUELO BERNARDI
yummymummyclub.ca

It's 2:03 a.m. and I'm wide-awake. My mind keeps replaying a conversation my husband and I had with our six-year-old son, who told us he was being bullied at school.

It was the hardest, most gut-wrenching conversation I've ever had. My son was a happy, optimistic kid who recently had turned into an angry, moody and argumentative shell of himself. For the longest time, I blamed myself for going back to work. I wish my job was the reason behind the change.

He was afraid of recess. He didn't want to be pushed or called an idiot and a baby.

The worst part was that he was starting to believe these words. He said, "I know you keep saying that they are just words and I should ignore them, but sometimes the words are just too strong and my brain tells me to believe them. Maybe I am the world's worst boy and I don't deserve to be at that school or in this family. Or maybe I shouldn't even be on this earth. Those boys are making my life shorter. I feel that in my head."

No six-year-old should ever say these words. No child should feel afraid to go to school — ever.

I now have a heightened sense of urgency to find a bullying solution. I get that kids will be kids, but this generation seems to be increasingly filled with kids who push and test the boundaries with no true sense of what consequences their actions will have.

Schools need the resources and support to deal with this ever-growing problem. Parents need to be more proactive.

We need to talk to our kids about being bullied, what bullying is and what it does. We need to keep the lines of communication open and keep the dialogue going until it sinks in.

Before he finally fell asleep, my son asked if we were mad at him for telling us what was bothering him. We both told him how incredibly proud of him we were because we knew how hard it was for him to tell us, especially since it had been bothering him for such a long time. We told him we thought he was very brave. He cried. We cried. We exchanged I love yous and extra long hugs.

Bullying proves that words can hurt. ISTOCK

I stayed with him until he fell asleep, just staring, watching him breathe and hoping that his mind would be filled with nothing but good dreams while he slept. And I wished that in the morning he would turn back into that happy, carefree little boy I once knew.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Roll up your sleeves and bake with kids

There are ways to enjoy baking with the little ones. ISTOCK

Bonding. Having little ones help in the kitchen creates memories

MOMSTOWN
Yummymummyclub.ca

You're covered in flour, the floor is a mess of coconut and chocolate chips, and your kids' fingers won't stay out of the mixing bowl.

It sounds like a disaster, right? Nope, it's a memory. It's a learning experience. It's a wonderful holiday tradition for you to create with your kids. It's a moment that's worth all of the cookie crumbs and vagrant coconut pieces.

Baking with your kids is really something they will remember forever.

Take the plunge, pull out your apron and remember these five tips to help your survive baking with the kids.

Make a plan
Get ahead of the mess and set up the ingredients along with bowls, measuring cups and the mixer. The more organized you are, the better.

Reason for the insanity
Make something to give to the teacher or neighbour in a cookie exchange. By planning it that way, you're less likely to bail on the plan and more likely to help your child develop pride in his or her work and giving.

Choose a creative project that's easy to adapt
A project or recipe that is too complex will be frustrating for both you and the kids. Small hands and short attention spans will do better with projects that have only a few simple steps.

Document!
Take loads of pictures of the whole process for the memory books (or social networking sites). If the cookies burn, you'll be bummed about having no treats, but you'll still be able to reflect on how much fun it was.

Eggnog never hurts
There's nothing wrong with mama chef enjoying a little spiked eggnog during the baking process. It helps turn a blind eye to the egg shells in the batter and the fingers in the bowl. We're all real moms, right?

A Tex-Mex fiesta in a bowl

The garnishes for this Tortilla, Sautéed Corn and Plum Tomato Soup make it a real Tex-Mex favourite as well as a beautiful-looking soup.

It's a great starter to a main course of fajitas, burritos or quesadillas.

I buy flavoured tortillas in bulk and freeze them.

To defrost, place the entire package in the microwave oven and heat on high for 30 seconds, or just until you can break away the number you need. Refreeze the remainder.

The different colours add interest to any meal.

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 tsp minced fresh garlic
- 3/4 cup drained canned corn kernels
- 4 cups chicken or vegetable stock
- 3/4 cup rinsed and drained canned black beans
- 3 tbsp basmati rice
- 1 tsp hot chili paste
- 1 cup diced plum tomatoes
- 2 1/2 tsp cornstarch
- 1/4 tsp salt and freshly ground black pepper
- 1 cup thinly sliced flavored flour tortillas
- 1/3 cup chopped cilantro or parsley
- 1/4 cup low-fat sour cream

1. Spray a non-stick saucepan with cooking oil, add the vegetable oil and place over medium heat. Cook the onion, green pepper and garlic, stirring occasionally for 5 minutes or until the onions are golden. Stir in the corn and cook for 5 minutes, or until the corn begins to brown.

2. Stir in the stock, black beans, rice and chili paste. Bring to a boil, reduce the heat to a simmer and cook for 12 minutes.

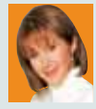
3. Add the tomatoes, cornstarch (dissolved in 1 tbsp of water) and salt and pepper. Simmer for 2 minutes until slightly thickened.

4. Ladle the soup into individual bowls and garnish each serving with tortilla strips, fresh herbs, and sour cream.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Healthy eating

Choose it and lose it



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When in doubt at Pizza Hut, one meat is better than six in calories and fat.

Pizza Hut Meat Lovers multi-grain personal pizza

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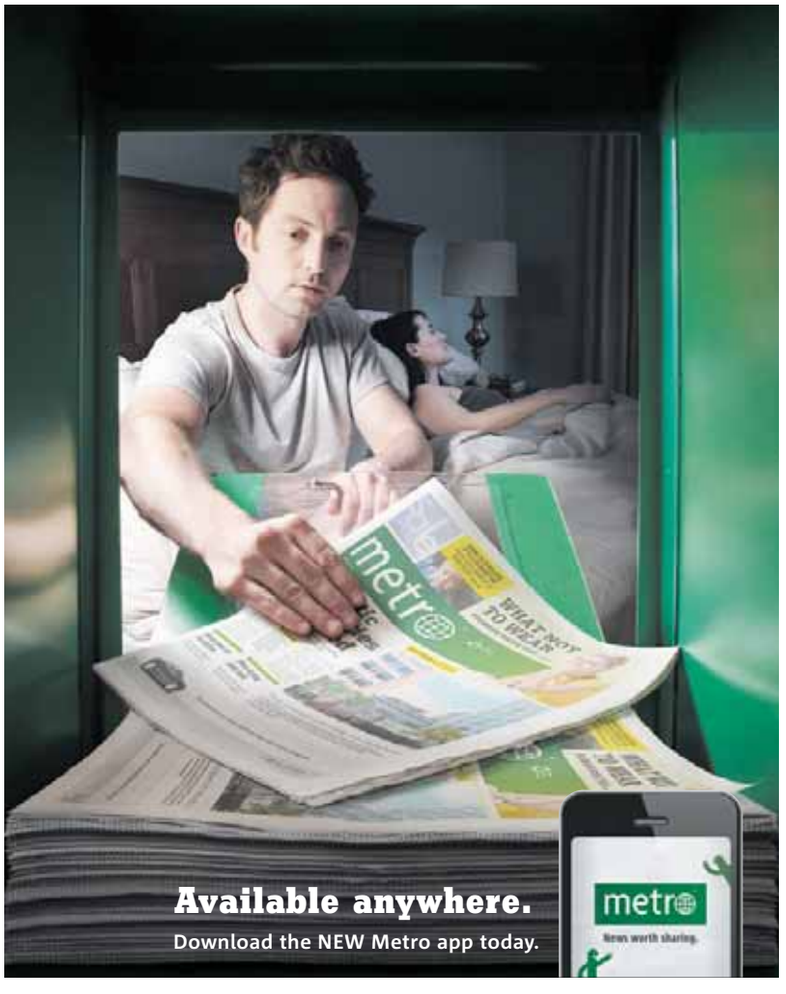
Equivalent

One Pizza Hut Meat Lovers multi-grain personal pizza is equivalent in calories to three hot dogs with buns, ketchup and mustard.

Pizza Hut Pepperoni on multi-grain personal pizza

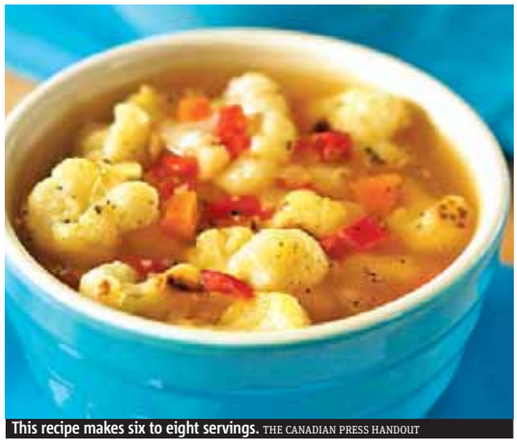
510 calories/ 17 g fat
Pepperoni in moderation cuts the fat in half and contains less calories than the Meat Lovers choice.



Comfort and nutrition of cauliflower soup

This Roasted Cauliflower and Red Pepper soup not only offers great flavour, but the colours and textures are attractive as well.

Roasting intensifies the flavours of the vegetables. To roast red peppers, quarter peppers and remove seeds. Place skin side up on a rimmed baking sheet in a 230 C (450 F) oven and roast for 10 minutes. Turn peppers over and roast for 10 to 15 minutes or until skins are blackened. Transfer to a bowl, cover tightly and let stand for about 15 minutes. When cool enough to handle, peel off blackened skin and discard.



This recipe makes six to eight servings. THE CANADIAN PRESS HANDOUT

Ingredients

- 1.25 l (5 cups) bite-size cauliflower florets
- 20 ml (4 tsp) canola oil, divided
- 250 ml (1 cup) finely chopped onion
- 250 ml (1 cup) finely chopped carrots
- 2 cloves garlic, minced
- 1 l (4 cups) reduced-sodium chicken broth
- 2 roasted red bell peppers, finely chopped
- 2 sprigs fresh thyme
- Freshly ground black pepper

Meanwhile, cut the cauliflower into bite-size florets to make it easier to eat.

1. Heat oven to 220 C (425 F).

2. Line a rimmed baking sheet with foil. Place cauliflower on sheet and drizzle with 10 ml (2 tsp) of the oil.

3. Roast, turning once, for 20 to 25 minutes or until florets start to caramelize and are lightly browned.

4. Meanwhile, in a large pot, heat remaining oil over medium heat. Sauté onion and carrots for 3 to 4 minutes or until softened. Add garlic and sauté for 30 seconds. Stir in caramelized cauliflower, broth, roasted peppers and thyme; increase heat to high and bring to a boil. Reduce heat and simmer for 10 minutes to blend flavours. Discard thyme sprigs. Season to taste with pepper.

THE CANADIAN PRESS/ COOK! DIETITIANS OF CANADA (ROBERT ROSE INC., 2011).

The In-Credibility Factor

Name: Cody Battershill
City: Calgary
Age: 28
Occupation: Real estate agent and community activist

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Cody Battershill had plans to become a lawyer, but when his mother suggested he get into real estate he switched gears and became an immediate success.

Two years into his career, he was honoured with the MLS Millionaire Dollar Club Award and was in the top one per cent of sellers in his company. Focused and very successful in his career, Cody is also intensely committed to his city and volunteers with more than seven child and youth organizations in Calgary.

I knew I was on my way when... I was 20 years old and I sold my first house. I felt like I had gotten to the first yard marker of my success in my new career, but it's been eight years and I've never looked back.

A lot of people talk about balance. For me, that's having a family, being a pillar of the community and helping those less fortunate. One of the best things is the friendships you make. Everywhere I go I see people that have become my friends because I helped them accomplish their real estate goals. The No. 1 most important thing for me is to put my clients and their concerns first. Don't focus on the money, focus on the client.

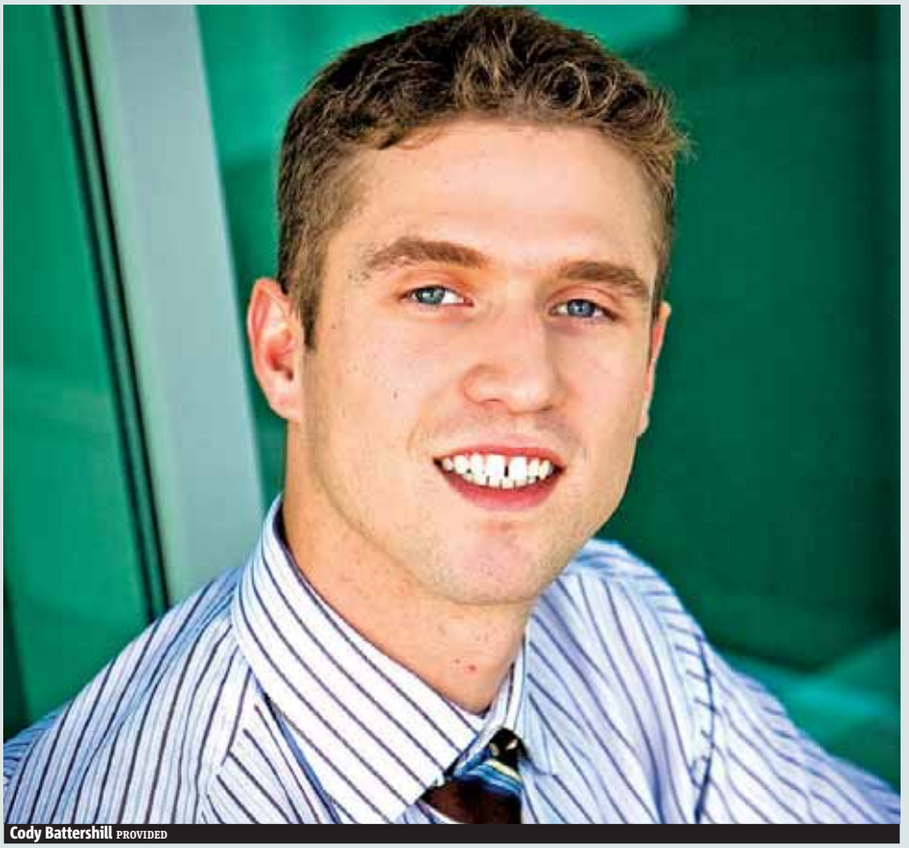
Action Plan

• Never stop reading, learning and growing
• Embrace technology. I read 25 magazines and two books a month on the Internet.
• I have over 20,000 friends on Facebook and I had 25,000 visitors to my website because I love what I do.
• Do things for the right reason and the business will follow.

• Surround yourself with the right people
Look for successful people who can mentor and guide you. Ask them as much as you can for advice, career direction and planning.

• Stay focused on your goals
Don't let anyone discourage you. Your life is what you make it so set goals for this month, this year and then five years down the road.

Short term setbacks always lead to longer term success with the right attitude.



Cody Battershill PROVIDED

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SPORTS 4

Chiefs eke out a victory amidst grief

NFL. Quinn, Charles lead charge a day after alleged murder-suicide rocks Kansas City club

Against the backdrop of an unthinkable tragedy, the Kansas City Chiefs gave themselves a reason to be proud on Sunday — and perhaps the impetus to let the healing begin.

Brady Quinn threw for 201 yards and two touchdowns and Jamaal Charles ran for 127 yards in the Chiefs' 27-21 victory over the Carolina Panthers. The win snapped an eight-game losing streak during one of the most difficult seasons the franchise has ever experienced.

The game was played one day after Chiefs linebacker Jovan Belcher allegedly shot his girlfriend multiple times at a residence near Arrowhead Stadium, then drove to the team's practice facility and turned the gun on himself as general manager Scott Pioli and coach Romeo Crennel looked on.

Pioli walked through the press box before the game and said he was doing "OK," though he didn't stop to talk. Crennel was on the sideline coaching his team to an uplifting victory.

"As far as playing the game, I thought that was the best for us to do, because that's what we do," Crennel said, tears forming in the corner of his eyes. "We're football players and football coaches and that's what we do, we play on Sunday."

Cam Newton threw for 232 yards and three touchdowns for the Panthers (3-9), who were informed the game would be played as scheduled while they were heading to Kansas City on Saturday.

DeAngelo Williams added 67 yards rushing for the Panthers, carrying the load with Jonathan Stewart out with an injury. Steve Smith, Greg Olsen and Louis Murphy caught TD passes.

"You definitely feel for them. What they are going through is tragic," Olsen said. "But we have a job to do. Our job is to come here and prepare to win. They wouldn't expect any less."

THE ASSOCIATED PRESS

Kansas City Chiefs players kneel and pray before a game against the Carolina Panthers on Sunday in Kansas City, Mo. PETER AIKEN/GETTY IMAGES

Chiefs kicker Ryan Succop celebrates a point after touchdown on Sunday. THE ASSOCIATED PRESS

Chiefs coach Romeo Crennel wipes his eyes before Sunday's game. COLIN E. BRALEY/THE ASSOCIATED PRESS

Crime scene

People were coming and going on Sunday from a house where, a day before, Chiefs linebacker Jovan Belcher allegedly shot and killed his girlfriend.

- Police did not release additional information on Sunday.
- Kasandra M. Perkins, 22, was shot multiple times on Saturday morning. Belcher drove to Arrowhead Stadium to thank GM Scott Pioli and coach Romeo Crennel for all they'd done for him before he fatally shot himself in the practice facility's parking lot.

NFL. Pats clinch division with win over Dolphins

Wes Walker of the New England Patriots scores a touchdown during a game against the Miami Dolphins on Sunday. MIKE EHRMANN/GETTY IMAGES

Two yards from a touchdown on third down, Tom Brady took the snap and fell to the turf curled around the ball, happy to settle for a field goal.

The high-scoring New England Patriots went conservative on Sunday, and the approach paid off with another AFC East championship.

Brady stuck with short throws for much of the afternoon and was content to hand off during a clock-consuming drive in the fourth quarter that helped the Patriots beat Miami 23-16 to clinch their fourth consecutive division title.

Dolphins mistakes proved pivotal. A botched punt, roughing-the-punter penalty and fumble by Miami resulted in 17 New England points, and another penalty negated a Dolphins touchdown.

"It's good to be back in the post-season," coach Bill Belichick said.

The Patriots have won six consecutive games and are assured of their 12th winning season in a row.

The Dolphins (5-7) hurt their already slim playoff chances and lost to New England for the fifth consecutive time.

THE ASSOCIATED PRESS

Speedskating

Nesbitt doubles up on World Cup gold

Canada's Christine Nesbitt added to her gold-medal collection on Sunday, winning the 1,500 metres at a long-track speedskating World Cup in Astana, Kazakhstan.

The London, Ont., native then teamed up with Ivanie Blondin of Ottawa and Brittany Schussler of Winnipeg to win the team pursuit.

Nesbitt, who has two gold and a bronze in the 1,500 metres this season, raced to a time of one minute 57.18 seconds. Dutch teammates Marrit Leenstra and Linda de Vries took silver (1:57.29) and bronze (1:57.30).

"It was an OK race. I had a good opener and first lap, so the first 700 metres was decent," Nesbitt said. "In the last two laps I was struggling to keep smooth. My last lap was painful but it was just enough to hold off a win.

"It's a nice way to finish the 1,500 World Cups this fall."

THE CANADIAN PRESS

Christine Nesbitt THE ASSOCIATED PRESS

NHL

Head honchos to sit out next round of negotiations

The NHL's collective bargaining talks will resume without the key negotiators in the room.

A handful of owners and players will meet Tuesday afternoon in New York.

Commissioner Gary Bettman proposed the meeting last week and the NHLPA accepted it on Sunday.

Both he and NHLPA executive director Donald Fehr won't be present for the session. The NHL lockout is into its 12th week.

THE CANADIAN PRESS

NBA

"I think they're a hell of a basketball team. I really do."

Phoenix Suns coach Alvin Gentry after losing to the Knicks 106-99 on Sunday. The Knicks are 7-0 at home this season and 18-1 in the regular season at Madison Square Garden under coach Mike Woodson.

Lindsey Vonn acknowledges the crowd during a World Cup women's downhill race — which she won — on Saturday at Lake Louise. ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES

Vonn bolsters her case to race with men

Downhill skiing. Defending World Cup champ wins all three women's races over the weekend in Lake Louise

Lindsey Vonn is in a class by herself in women's World Cup skiing at Lake Louise.

After winning both downhills, Vonn capped a sweep with a victory in Sunday's super-G.

The American ski star scored a hat trick at the Alberta resort for the second straight year after winning all three races in 2011.

Vonn brought her career wins at Lake Louise to 14.

Is that enough to prompt the world governing body of skiing to reconsider Vonn's request to race the men's World Cup there? Vonn would like to think so.

"It's not like I'm getting 20th every day and saying I want to race the men," Vonn said. "I try to let my skiing speak for itself."

Quoted

"I think this weekend was the next step for me and a testament to why I want to race with the men."

Lindsey Vonn, women's skiing champ

The U.S. women's team had a banner weekend in the season-opening speed events. Julia Mancuso was second in Sunday's super-G after Stacey Cook was runner-up to Vonn in both downhills.

Anna Fenninger of Austria was third on Sunday. Larisa Yurkiw of Owen Sound, Ont., was the top Canadian in 25th place.

Vonn felt pressure to win at Lake Louise this year. In October, the defending overall World Cup champion asked FIS to allow her to compete in the men's World Cup on the same mountain. FIS denied her request. THE CANADIAN PRESS

Curling. Stoughton, Lawton move closer to the Olympics after wins

Jeff Stoughton defeated world champion Glenn Howard 4-3 on Sunday in the men's final of the Capital One Canada Cup of Curling, while Stefanie Lawton won the women's title.

Stoughton and Lawton each scored in the 10th end to secure a spot at next year's Olympic qualifying tournament.

"It's been a tough grind this week. I'm really proud of the guys, and I think it's going to hit us in the next week that we finally did it, and we don't have to worry about anything at all for the rest of the year," Stoughton said of his Winnipeg rink.

Lawton — whose Saskatoon rink included Marliese Kasner, Sherri Singler and Sherry Anderson — won 6-4 over a Jennifer Jones team that was being skipped by Kaitlyn Lawes.

Stoughton, meanwhile, was joined by Jon Mead, Reid Carruthers and Mark Nichols in taking out Howard's foursome from Coldwater, Ont.

The men's and women's champions receive one of the six automatic qualification spots for the Roar of the Rings next December in Winnipeg — the tournament that will determine Canada's entries at the 2014 Winter Games in Sochi, Russia.

THE CANADIAN PRESS

Skip Stefanie Lawton shouts to her front end during the women's final at the Capital One Canada Cup of Curling in Moose Jaw, Sask., on Sunday. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	12	3	.800	-1/2
New York	12	4	.750	—
Brooklyn	11	5	.688	1
Milwaukee	8	7	.533	31/2
Atlanta	9	5	.643	2
Philadelphia	10	7	.588	21/2
Chicago	8	7	.533	31/2
Boston	9	8	.529	31/2
Indiana	8	9	.471	41/2
Charlotte	7	8	.467	41/2
Orlando	5	10	.333	61/2
Detroit	5	13	.278	8
Cleveland	4	13	.235	81/2
Toronto	4	13	.235	81/2
Washington	1	13	.071	10

WESTERN CONFERENCE

	W	L	Pct	GB
Memphis	12	3	.800	1/2
San Antonio	14	4	.778	—
Oklahoma City	14	4	.778	—
Golden State	10	6	.625	3
L.A. Clippers	10	6	.625	3
Utah	9	9	.500	5
L.A. Lakers	8	8	.500	5
Houston	8	8	.500	5
Denver	8	9	.471	51/2
Dallas	8	9	.471	51/2
Minnesota	7	8	.467	51/2
Portland	7	10	.412	61/2
Phoenix	7	11	.389	7
New Orleans	4	11	.267	81/2
Sacramento	4	12	.250	9

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Sunday's results
New York 106 Phoenix 99
Orlando at L.A. Lakers
Saturday's results
Portland 118 Cleveland 117 OT
Miami 102 Brooklyn 89
Chicago 93 Philadelphia 88
Houston 124 Utah 116
Oklahoma City 100 New Orleans 79
Milwaukee 91 Boston 88
San Antonio 99 Memphis 95 OT
Dallas 92 Detroit 77
Golden State 103 Indiana 92
L.A. Clippers 116 Sacramento 81
Monday's games
Portland at Charlotte, 7 p.m.
Cleveland at Detroit, 7:30 p.m.
Milwaukee at New Orleans, 8 p.m.
Toronto at Denver, 9 p.m.
L.A. Clippers at Utah, 9 p.m.
Orlando at Golden State, 10:30 p.m.
Tuesday's games
Minnesota at Philadelphia, 7 p.m.
Miami at Washington, 7 p.m.
Oklahoma City at Brooklyn, 7:30 p.m.
L.A. Lakers at Houston, 8 p.m.
Phoenix at Memphis, 8 p.m.
Indiana at Chicago, 8 p.m.
Wednesday's games
Portland at Indiana, 7 p.m.
New York at Charlotte, 7 p.m.
Minnesota at Boston, 7:30 p.m.
Golden State at Detroit, 7:30 p.m.
Denver at Atlanta, 8 p.m.
L.A. Lakers at New Orleans, 8 p.m.
Chicago at Cleveland, 8 p.m.
Milwaukee at San Antonio, 8:30 p.m.
Orlando at Utah, 9 p.m.
Toronto at Sacramento, 10 p.m.
Dallas at L.A. Clippers, 10:30 p.m.
Thursday's games
New York at Miami, 8 p.m.
Dallas at Phoenix, 10:30 p.m.

SOCCER

MLS CUP

Saturday's result
Los Angeles 3, Houston 1

ENGLAND

PREMIER LEAGUE

Sunday's result
Norwich City 2 Sunderland 1

FA CUP

SECOND ROUND
Sunday's results
MK Dons 2 AFC Wimbledon 1
Alfreton Town 2 Leyton Orient 4
CHAMPIONSHIP
Sunday's results
Burnley 1 Blackburn Rovers 1
Cardiff City 1 Sheffield Wednesday 0

FRANCE

LIGUE 1

Sunday's results
Brest 1 Marseille 2
Troyes 2 Rennes 3
Lorient 1 Toulouse 0

GERMANY

BUNDESLIGA

Sunday's results
1899 Hoffenheim 1 Werder Bremen 4
VfL Wolfsburg 1 Hamburger SV 1

ITALY

SERIE A

Sunday's results
Napoli 5 Pescara 1
Bologna 2 Atalanta 1
Genoa 2 Chievo 4
Inter Milan 1 Palermo 0
Lazio 2 Parma 1
Siena 1 Roma 3
Udinese 4 Cagliari 1
Fiorentina 2 Sampdoria 2

SCOTLAND

SCOTTISH FA CUP

FOURTH ROUND
Sunday's results
The Rangers FC 3 Elgin City F.C. 0
Hibernian 1 Hearts 0

SPAIN

PRIMERA

Sunday's results
Granada 0 Espanyol 0
Deportivo La Coruna 2 Betis 3
Celta Vigo 1 Levante 1
Mallorca 1 Zaragoza 1

GOLF

NEDBANK GOLF CHALLENGE

At Sun City, South Africa
Par 72
Final Round

Martin Kaymer, Germany	72-69-70-69—280
Charl Schwartzel, S.Africa	72-71-70-69—282
Bill Haas, United States	70-73-71-71—285
Louis Oosthuizen, S.Africa	71-72-69-74—286
Lee Westwood, England	71-73-70-73—287
Paul Lawrie, Scotland	71-69-75-74—289
Francesco Molinari, Italy	72-71-78-69—290
Carl Pettersson, Sweden	72-75-74-69—290
Peter Hanson, Sweden	72-73-73-73—291
Nicolas Colsaerts, Belgium	70-78-74-71—293
Justin Rose, England	73-79-69-74—295
Garth Mulroy, South Africa	75-73-75-74—297

PGA TOUR Q-SCHOOL SCORES

At La Quinta, Calif
Par 72
Fifth Round

Steven Bowditch	73s-67n-66n-67s-64n-337
Kris Blanks	65s-70n-67n-70s-66n-338
Derek Ernst	68s-68n-70n-67s-66n-339
Steve LeBrun	64s-69n-68n-71s-67n-339
Edward Loar	65s-69n-66n-71s-68n-339
Eric Meierdierks	70n-66s-67n-70s-67n-340
Jin Park	65s-70n-68n-69s-68n-340
Dong-hwan Lee	68s-72n-65n-64s-71n-340
Billy Horschel	70n-65s-66n-71s-69n-341
Richard H. Lee	66n-67s-74n-64s-70n-341
Brad Fritsch	72n-67s-66n-71s-66n-342
Robert Karlsson	66n-68s-65n-75s-68n-342
Ross Fisher	69n-69s-65n-72s-67n-342
Matt Jones	71s-70n-65n-68s-68n-342
Erik Compton	67s-70n-68n-71s-67n-343
Nicholas Thompson	69n-70s-67n-68s-69n-343
Kevin Kisner	71n-75s-66s-65n-67n-344
Tom Pernice Jr.	71s-71n-70s-64n-68n-344
Mathew Goggin	70s-66n-70n-70s-68n-344
Aaron Watkins	69n-67s-71n-68s-69n-344

LPGA Q-SCHOOL

At Daytona Beach, Fla.
par 72
Final Round

Rebecca Lee-Bentham	69-75-67-69-67—347
Moriya Jutanugarn	68-66-69-70-74—347
Ayako Uehara	70-70-69-70-69—348
Kathleen Ekey	68-73-75-69-65—350
Chie Arimura	70-71-72-69-70—352
Lisa McCloskey	70-73-71-67-71—352
Felicity Johnson	75-69-69-70-70—353
Karlin Beck	71-72-74-67-70—354
Laura Diaz	70-71-73-68-72—354
Stephanie Sherlock	71-70-71-69-74—355
Kayla Mortellaro	79-69-69-72-67—356
Kim Welch	68-72-73-75-68—356
Brooke Pancake	70-72-75-69-70—356
Austin Ernst	70-71-74-71-70—356
Caroline Masson	76-69-70-70-71—356
a-Marina Stuetz	74-71-70-70-71—356
Lauren Doughtie	74-74-71-69-69—357
Nicole Jeray	72-74-72-69-70—357
Taylore Karle	72-73-73-69-70—357
Irene Cho	73-75-69-68-72—357

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Worcester	21	11	8	1	1	60	65	24
Manchester	21	10	8	2	1	55	53	23
St. John's	22	11	10	0	1	53	60	23
Portland	21	10	9	1	1	67	69	22
Providence	19	9	8	0	2	44	55	20

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	20	12	4	1	3	70	42	28
Bridgeport	20	10	9	0	1	62	70	21
Connecticut	20	9	9	2	0	63	70	20
Adirondack	20	9	11	0	0	52	60	18
Albany	18	5	8	0	5	40	52	15

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	20	13	5	1	1	74	55	28
Binghamton	18	12	4	1	1	57	44	26
W-B/Scranton	20	13	7	0	0	58	46	26
Hershey	21	9	11	1	0	55	62	19
Norfolk	20	9	11	0	0	59	65	18

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Abbotsford	20	13	3	2	2	56	36	30
Toronto	21	12	8	0	1	70	59	25
Lake Erie	22	11	9	1	1	70	70	24
Rochester	19	9	8	2	0	63	59	20
Hamilton	18	7	9	1	1	38	57	16

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Rockford	22	12	9	0	1	73	67	25
Grand Rapids	19	11	6	1	1	66	58	24
Chicago	20	9	8	2	1	56	62	21
Milwaukee	19	9	8	1	1	54	58	20
Peoria	20	6	10	2	2	47	73	16

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	21	12	7	0	2	70	61	26
Oklahoma City	20	11	6	1	2	66	59	25
Houston	20	11	6	1	2	67	59	25
Texas	20	10	8	1	1	51	58	22
San Antonio	20	6	11	0	3	51	63	15

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one which is registered in the OTL or SOL columns.
Sunday's results
Rockford 4 Charlotte 1
Portland 4 Manchester 0
Lake Erie 4 Toronto 5
Worcester 3 Providence 2 (SO)
Norfolk 4 Bridgeport 1
Springfield 5 Connecticut 0
Syracuse 2 Binghamton 5
Texas 4 Peoria 3 (SO)
Saturday's results
Hamilton 3 Abbotsford 0
Toronto 3 Rochester 2 (OT)
Wilkes-Barre/Scranton 5 St. John's 3
Albany 3 Adirondack 2
Chicago 3 Peoria 1
Grand Rapids 3 Texas 2
Lake Erie 4 San Antonio 2
Manchester 2 Springfield 1
Norfolk 5 Hershey 1
Providence 5 Portland 2
Rockford 5 Charlotte 2
Syracuse 4 Connecticut 3 (OT)
Worcester 4 Bridgeport 3 (SO)
Tuesday's game
San Antonio at Abbotsford, 10 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	9	3	0	.750	430	260
N.Y. Jets	5	7	0	.417	228	296
Miami	5	7	0	.417	227	249
Buffalo	5	7	0	.417	277	337

SOUTH

	W	L	T	Pct	PF	PA
Houston	11	1	0	.917	351	221
Indianapolis	8	4	0	.667	265	306
Tennessee	4	8	0	.333	248	359
Jacksonville	2	10	0	.167	206	342

NORTH

	W	L	T	Pct	PF	PA
Baltimore	9	3	0	.750	303	242
Pittsburgh	7	5	0	.583	254	230
Cincinnati	7	5	0	.583	302	260
Cleveland	4	8	0	.333	229	265

WEST

	W	L	T	Pct	PF	PA
Denver	9	3	0	.750	349	244
San Diego	4	8	0	.333	258	257
Oakland	3	9	0	.250	235	376
Kansas City	2	10	0	.167	188	322

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	7	4	0	.636	305	226
Dallas	6	6	0	.500	280	295
Washington	5	6	0	.455	295	285
Philadelphia	3	9	0	.250	217	320

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	11	1	0	.917	317	229
Tampa Bay	6	6	0	.500	333	285
New Orleans	5	7	0	.417	321	327
Carolina	3	9	0	.250	235	292

NORTH

	W	L	T	Pct	PF	PA
Green Bay	8	4	0	.667	296	259
Chicago	8	4	0	.667	294	198
Minnesota	6	6	0	.500	262	272
Detroit	4	8	0	.333	300	315

WEST

	W	L	T	Pct	PF	PA
San Francisco	8	3	1	.708	289	171
Seattle	7	5	0	.583	242	202
St. Louis	5	6	1	.458	221	267
Arizona	4	8	0	.333	186	234

WEEK 13

Sunday's results
N.Y. Jets 7 Arizona 6
Kansas City 27 Carolina 21
Indianapolis 35 Detroit 33
Buffalo 34 Jacksonville 18
Seattle 23 Chicago 17
New England 23 Miami 16
Houston 24 Tennessee 10
Green Bay 23 Minnesota 14
St. Louis 16 San Francisco 13
Denver 31 Tampa Bay 23
Cleveland 20 Oakland 17
Cincinnati 20 San Diego 13
Pittsburgh 23 Baltimore 20
Dallas 38 Philadelphia 33
Monday's game — All Times Eastern
N.Y. Giants at Washington, 8:30 p.m.

WEEK 14

Thursday, December 6
Denver at Oakland, 8:20 p.m.
Sunday, December 9
St. Louis at Buffalo, 1 p.m.
Dallas at Cincinnati, 1 p.m.
Baltimore at Washington, 1 p.m.
San Diego at Pittsburgh, 1 p.m.
Kansas City at Cleveland, 1 p.m.
N.Y. Jets at Jacksonville, 1 p.m.
Philadelphia at Tampa Bay, 1 p.m.
Tennessee at Indianapolis, 1 p.m.
Chicago at Minnesota, 1 p.m.
Atlanta at Carolina, 1 p.m.
Miami at San Francisco, 4:05 p.m.
New Orleans at N.Y. Giants, 4:25 p.m.
Arizona at Seattle, 4:25 p.m.
Detroit at Green Bay, 8:20 p.m.

SKIING

CROSS COUNTRY WORLD CUP

At KUUSAMO, Finland
Sunday's results
1. Petter Northug, Norway, 41 minutes, 38.3 seconds; 2. Maxim Vylegzhanin, Russia, 41:39.7; 3. Alexey Poltoranin, Kazakhstan, 41:41.7; 4. Dario Cologna, Switzerland, 41:46.1; 5. Ilia Chernousov, Russia, 41:59.4; 6. Martin Sundby, Norway, 42:00.7; 7. Alexander Legkov, Russia, 42:02.8; 8. Dmitriy Japarov, Russia, 42:02.9; 9. Emil Joensson, Sweden, 42:08.3; 10. Evgeniy Belov, Russia, 42:09.6.

WOMEN'S WORLD CUP SUPER-G

At LAKE LOUISE, Alberta
Sunday's results
1. Lindsey Vonn, U.S., 1 minute, 22.82 seconds; 2. Julia Mancuso, United States, 1:23.25; 3. Anna Fenninger, Austria, 1:23.27. 4. Tina Maze, Slovenia, 1:23.44; 5. Maria Hoefl-Riesch, Germany, 1:23.98 14.71; 6. Lara Gut, Switzerland, 1:24.07; 7. Dominique Gisin, Switzerland, 1:24.29; 8. Leanne Smith, United States, 1:24.41; 9. Stefanie Moser, Austria, 1:24.47; 10. Fabienne Suter, Switzerland, 1:24.48.

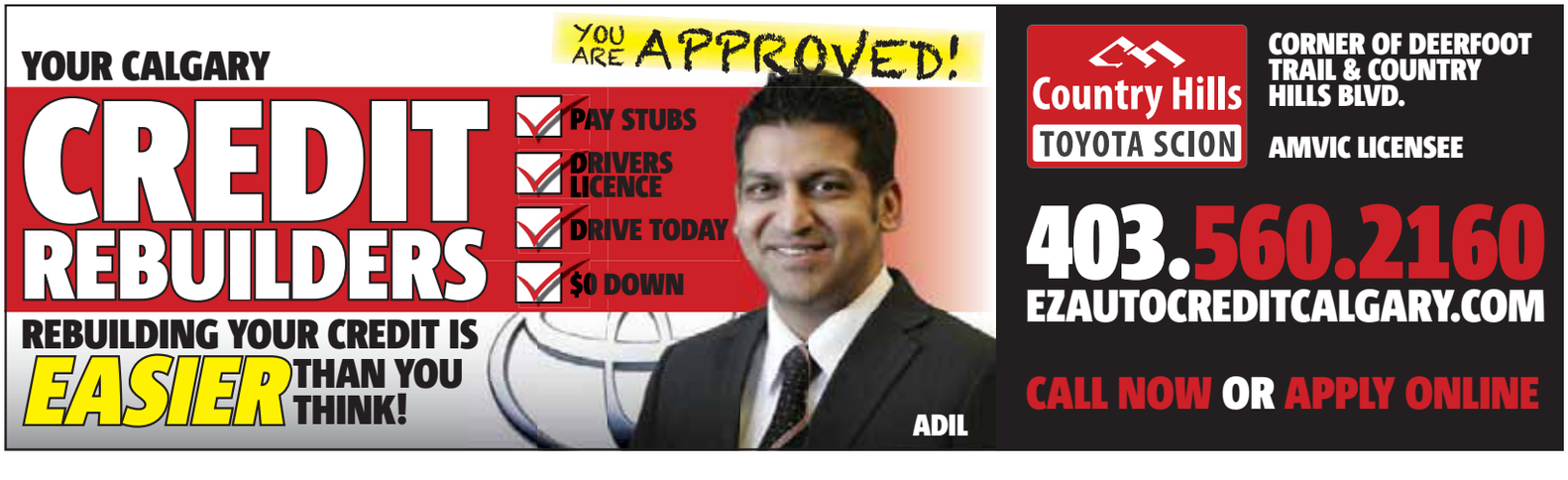
MEN'S WORLD CUP GIANT SLALOM

At BEAVER CREEK, Colo.
Sunday's results
1. Ted Ligety, U.S., two minutes, 25.59 seconds; 2. Marcel Hirscher, Austria, 2:27.35; 3. Davide Simoncelli, Italy, 2:27.66; 4. Manfred Moelgg, Italy, 2:28.15; 5. Alexis Pinturault, France, 2:28.19; 6. Aksel Lund Svindal, Norway, 2:28.34; 7. Kjetil Jansrud, Norway, 2:28.68; 7. Fritz Dopfer, Germany, 2:28.68; 9. Massimiliano Blardone, Italy, 2:28.87; 10. Christoph Noesig, Austria, 2:28.90.

CURLING

CANADA CUP OF CURLING

At Moose Jaw, Sask.
FINALS
WOMEN
Sunday's result
Stefanie Lawton 6 Jennifer Jones 4
MEN
Jeff Stoughton 4 Glenn Howard 3



Horoscopes

Aries
March 21 - April 20
If you jump to conclusions today you will most likely get it completely wrong, so be careful. That applies both to personal affairs and to your career. Remember: a quick decision is not always the best decision.

Taurus
April 21 - May 21
Think twice before deciding your next move, then think a third time to be on the safe side. With Jupiter strong in your chart you could make a lot of money – but you could just as easily lose it too.

Gemini
May 22 - June 21
It could turn out to be costly if you act on the advice of a colleague. Trust your own judgment and make your own decisions, even if it means going against "expert" opinion which, as you know, is not always reliable.

Cancer
June 22 - July 23
What is your weak spot? What area are you most vulnerable in? Make sure you know and make sure you are well protected because your rivals will seek to exploit it over the next 24 hours. Be on your guard.

Leo
July 24 - Aug. 23
For some strange reason the words you are using don't sound the way you want them to sound. In which case your best bet is probably to say nothing at all, at least for the next 24 to 48 hours.

Virgo
Aug. 24 - Sept. 23
With the Sun opposing Jupiter across important angles of your chart you will need to make a conscious effort not to go over the top. Whatever it is that is winding you up right now let it go.

Libra
Sept. 24 - Oct. 23
Common sense should tell you that you don't have the time to do everything yourself, so get help from people who share your aims and ideals. They may never do as good a job as you, but what choice do you have?

Scorpio
Oct. 2 04 - Nov. 22
Stop thinking so hard and focus on tasks that are physical rather than intellectual. Not only will your mind get the rest it needs but the answer to an old problem will pop into your head when you least expect it.

Sagittarius
Nov. 23 - Dec. 21
With Jupiter, your ruler, opposed by the Sun today you may fear the worst about a partnership issue, but there really is no need. Everything will work out for the best in the end. Somehow it always does.

Capricorn
Dec. 22 - Jan. 20
Partners and colleagues are far too busy sorting out their own problems at the moment to worry much about yours. Which is annoying in one way but good in another. They are less likely to watch what you're up to!

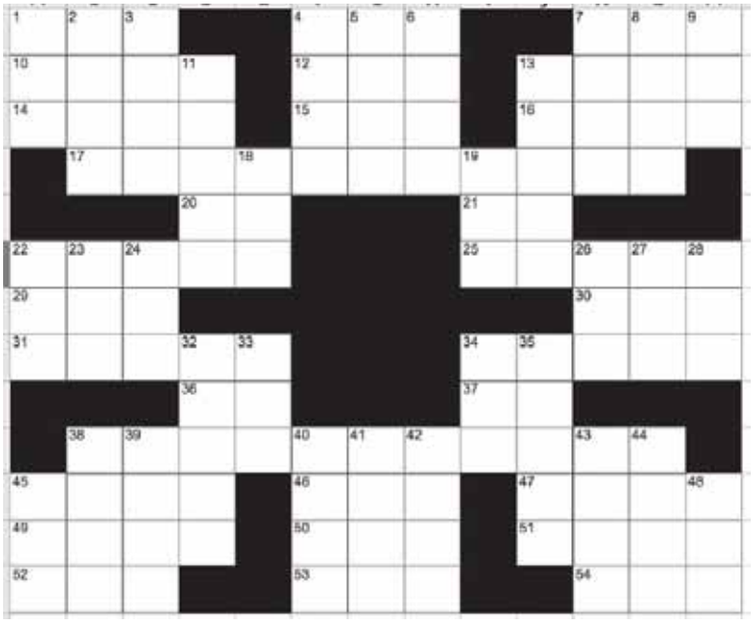
Aquarius
Jan. 21 - Feb. 19
Take what you hear from a friend with a large pinch of salt, because the planets warn they are exaggerating. If they tell you one thing and your sixth sense tells you the opposite you must trust your own inner voice.

Pisces
Feb. 20 - March 20
It might be best not to make any sudden or far-reaching decisions, but if you have to make a choice of some kind make sure you consult family and friends.

SALLY BROMPTON

Crossword

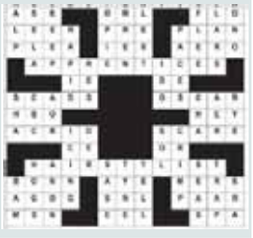
BY BETTY MARTIN



Across
1. Mistake
4. Prone
7. French soul
10. Form of transport
12. Flowery meadow
13. Study hard for a test
14. "He's Just Not That — You"
15. Hockey great
16. Flying (prefix)
17. Home of Parry Sound (2 words)
20. British thanks
21. Two, in Rome
22. Flooded
25. Fury
29. One of the judges on Dancing with the Stars
30. The night before
31. Wards off
34. Absolutely perfect
36. Apiece (abbr.)
37. Regarding (abbr.)
38. Depict
45. Continental currency
46. Airport listing (abbr.)
47. The — Ranger
49. 'A' – – Apple (2 words)
50. Dismal
51. Gradual
52. Abbr. found on a map
53. – la la
54. Wind direction (abbr.)

Down
1. Silkworm
2. Pealed
3. Ceremonial act
4. Like a bump on – – (2 words)
5. Gilpin of Frasier
6. "Gone with the Wind" plantation
7. Land measure
8. Name repeated in a nursery rhyme
9. Funnyman Philips
11. Hauls
13. Log home
18. School cheer
19. Actress Peeples
22. TV alien
23. Tiny
24. Raggedy doll
26. Golly!
27. Longoria of Desperate Housewives
28. Family mem.
32. Evil one
33. — Paulo, Brazil
34. Bargain basement abbr.
35. Buys and sells
38. Sneeze inducer
39. A great lake
40. Retreat
41. Nova
42. Cry of accomplishment
43. Allure
44. Dukes of Hazzard spin-off
45. Corn serving
48. Female sheep

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1								5
	4	7				8	2	
			8	5	2			
		6	3	2	1	7		
2	9						8	1
		5	4	8	9	2		
			7	3	8			
	3	2				9	4	
6								8

Friday's Sudoku

1	5	3	7	2	4	6	8	9
2	7	6	9	8	5	4	1	3
8	4	9	6	1	3	2	5	7
9	8	4	5	3	7	1	2	6
7	1	5	2	6	8	9	3	4
6	3	2	1	4	9	8	7	5
5	9	1	4	7	2	3	6	8
3	2	7	8	9	6	5	4	1
4	6	8	3	5	1	7	9	2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 2° MIN: -11°	MAX: 5° MIN: -7°	MAX: -2 MIN: -7°

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